

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Decisional Balance

Fill this worksheet.

What are you thinking about changing?

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	Changing	Not Changing
Benefits of		
Costs of		

What is the most important reason that you want to make a change?

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Imagine that you could get anything in the world to make this change for one day. Would it take, and why?

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What steps would it take to make this change?

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