

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

### Decision to Change

In making a decision to change, it can be helpful to think about the *good things* and *less good things* about changing. Check the **TOP 2 or 3** things that apply to **YOU**.

The behavior(s) I am thinking of changing is:(are): \_\_\_\_\_

<p style="text-align: center;"><b>Good things about not changing</b></p> <p><input type="checkbox"/> I don't have to deal with my problems</p> <p><input type="checkbox"/> I have something to do when I am bored</p> <p><input type="checkbox"/> I fit in with my friends</p> <p><input type="checkbox"/> I have more fun at parties</p> <p><input type="checkbox"/> It helps me calm down and relax</p> <p><input type="checkbox"/> Other _____</p> <hr/> <p><input type="checkbox"/> Other _____</p> <hr/> <p><input type="checkbox"/> Other _____</p> <hr/>	<p style="text-align: center;"><b>Less good things about not changing</b></p> <p><input type="checkbox"/> I feel guilty or ashamed</p> <p><input type="checkbox"/> I don't like the way I look and feel after use</p> <p><input type="checkbox"/> It is a source of conflict between me and my family</p> <p><input type="checkbox"/> It is a source of conflict between me and my friends</p> <p><input type="checkbox"/> I will have money problems</p> <p><input type="checkbox"/> I will continue to feel anxious and depressed</p> <p><input type="checkbox"/> I will harm my health</p> <p><input type="checkbox"/> Other _____</p> <hr/> <p><input type="checkbox"/> Other _____</p> <hr/>
<p style="text-align: center;"><b>Less good things about changing</b></p> <p><input type="checkbox"/> I will feel more depressed and/or anxious</p> <p><input type="checkbox"/> I won't have anything to do when I'm bored</p> <p><input type="checkbox"/> I won't have any way to relax</p> <p><input type="checkbox"/> I will have to change my social life</p> <p><input type="checkbox"/> I won't fit in with some friends</p> <p><input type="checkbox"/> It don't know if I can make change stick</p> <p><input type="checkbox"/> Other _____</p> <hr/> <p><input type="checkbox"/> Other _____</p> <hr/> <p><input type="checkbox"/> Other _____</p> <hr/>	<p style="text-align: center;"><b>Good things about changing</b></p> <p><input type="checkbox"/> I will feel more in control of my life</p> <p><input type="checkbox"/> I will gain more self-esteem</p> <p><input type="checkbox"/> It will improve my relationship with my family</p> <p><input type="checkbox"/> I will have more money</p> <p><input type="checkbox"/> I will have fewer problems at work and/or school</p> <p><input type="checkbox"/> It will make it easier to achieve life goals</p> <p><input type="checkbox"/> Other _____</p> <hr/> <p><input type="checkbox"/> Other _____</p> <hr/> <p><input type="checkbox"/> Other _____</p> <hr/>