

Decisional Balance Sheet

	Disadvantages	Advantages
No Change	<p>Health deteriorates</p> <p>Economic cost of health</p> <p>Can't play with kids</p> <p>Burden on family</p> <p>Continue to feel isolated</p> <p>Low confidence/self-esteem</p>	<p>I won't have to put in so much effort</p> <p>I will have more free time</p> <p>Food and alcohol help me to de-stress</p> <p>I can just be me</p>
Change	<p>Exercise makes me uncomfortable</p> <p>Lots of effort is required</p> <p>Time factor</p> <p>I will only fail again</p>	<p>Improved self-esteem & confidence</p> <p>Feel better</p> <p>More energy for work & life</p> <p>Better mood</p>