

## Decisional Balance Sheet

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