

Name: _____

Date:

DECISIONAL BALANCE WORKSHEET FOR SUBSTANCE ABUSE

While making a decision, we need to consider both pros and cons.

If you are deciding to make a change in your behavior related to your substance abuse,

You can write about the benefits and costs of both changing and not changing.

	PROS/BENEFITS	CONS/COSTS
MAKING CHANGE	What are the benefits of making a change?	What are the costs of making a change?
NOT MAKING CHANGE	What are the benefits of making a change?	What are the costs of making a change?