

Decisional Balance Worksheet

A Pros and Cons list is a commonly used method to determine whether to proceed with an idea, particularly when endeavouring to make change. The Decisional Balance approach takes that familiar methodology and goes one level deeper: what are the pros and cons of taking the action and the pros and cons of *not* taking it.

Write in every plausible reason you can think of in each the four boxes. This visual tool will help to lend clarity as to why (or why not) to make the specified decision.

The decision I'm trying to make is:

| | Benefits (Pros) | Costs (Cons) |
|---------------------|-----------------|--------------|
| Making a Change | | |
| Not Making a Change | | |