

Decisional Balance Worksheet

NAME

DATE

Sometimes it can be hard to choose a clear path forward.

In this situation, it can help us to consider the pros and cons of both change and non-change (i.e., maintaining the status quo).

This worksheet helps you identify both advantages and disadvantages of a particular option, and — if you want — give those pros and cons a numeric score. Sometimes being asked to consider how much something matters to us, and seeing numbers added up, can really help clarify the situation.

On the next page, you'll find a table that you can fill in with your own pro and con list.

Here is an example of a person thinking about changing their sleep habits.

They've chosen to score each on a scale from 1 (unimportant) to 10 (extremely important). In this case, the individual scores show what really matters to the person, and the total scores show that the advantages outweigh the disadvantages.

EXAMPLE: CHANGING SLEEP HABITS

WHAT IS THE THING YOU ARE CONSIDERING CHANGING?			
My sleep habits.			
ADVANTAGES OF THE CHANGE	HOW BIG A DEAL IS THIS TO ME? (Optional score)	DISADVANTAGES OF THE CHANGE	HOW BIG A DEAL IS THIS TO ME? (Optional score)
Better mood	8 /10	Like late-night TV	6 /10
More energy	9 /10	Negotiating with family members	4 /10
Recover better from exercise	7 /10	Feels boring and stodgy to go to bed early	5 /10
TOTAL SCORE ADVANTAGES	24	TOTAL SCORE DISADVANTAGES	15

