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	Líke late-níght TV	6 /10	
More energy	9 /10	Negotiating with family members	4 /10	
Recover better from exercíse	チ /10	Feels boring and stodgy to go to bed early	5 /10	
TOTAL SCORE ADVANTAGES	24	TOTAL SCORE DISADVANTAGES	15	

My Decisional Balance Worksheet

Fill in the table with all the advantages and disadvantages that you can think of about a particular decision or option. (You don't have to use all the rows.)

If you like, score how much each pro or con matters to you. The worksheet will calculate a total score for each column. This can help you see what aspects of the decision are most important to you.

Once you've filled out this questionnaire, share it and discuss with your coach, if you like.

WHAT IS THE THING YOU ARE CONSIDERING CHANGING?

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)
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
TOTAL SCORE ADVANTAGES		TOTAL SCORE DISADVANTAGES	

