

## Decisional Balance Worksheet

Making decisions can often be challenging. It's hard to think things through objectively, and all too easy to feel confused, either getting stuck thinking endlessly without arriving at a decision or avoiding thinking about the issue. When you need to make a decision, particularly about a possible action or change, use **the power of writing**. Laying out the pros and cons of **both** sides in writing will help you clarify your concerns. Get it out of your head and onto the page to gain perspective. No matter how complicated things are, this method will aid you to make a more **informed choice**.

**Method:** 1<sup>st</sup> – List the benefits & downsides of 'Option A' (usually keeping things the same) and 'Option B' (making the change) in the appropriate quadrant. Don't settle for "nothing". Ask yourself:

- What are the good parts/the things I don't want to give up? List those in A1
- What's likely to happen (lose, stay stuck with, get worse) that I don't want if things stay the same? A2
- What could I gain that I want if I make this change? B1
- What makes doing this hard, what am I afraid might happen? B2

Next, look at each item and consider:

- How big a deal is this? How important is it to me? (1-5, S/M/L, whatever) Values can outweigh number of items
- Is this a short-term thing? A long-term thing? Some consequences don't show up until later, or change over time

Are there things you don't know? Write those down - how can you find out? Which side weights more? Remember - rarely is there a 'perfect' choice where everything is good and everyone is satisfied. Life is messy. **Aim to act like your best self.**

	Option A:	Option B:
(+)	A1	B1
(-)	A2	B2