

Example Form 4.2: Decisional Balance

Use this form to explore all the pros and cons you can think of *both* for changing (or engaging with this treatment) and for staying the same.

	Pros/Benefits	Cons/Costs
Change	<p>I'll be able to move toward my goals</p> <p>I'll be happier</p> <p>I'll be able to sleep better</p> <p>I'll be able to get more things done</p> <p>I'll improve my relationship with my spouse</p>	<p>Time-consuming</p> <p>Therapist co-pay is expensive</p> <p>This is will be hard – thinking about facing my emotions makes me nervous</p> <p>If I fall, I'm really hopeless</p>
Stay the Same	<p>It would be easier if I didn't have to deal with this</p> <p>My life is predictable – at least I know what to expect</p> <p>I don't know if facing my emotions will make things better in the long run</p> <p>I'm functioning</p>	<p>I'll continue to feel this way – I might even feel worse</p> <p>I won't have the kind of social life I want</p> <p>I won't move forward in my career</p>