

Weighing up the pros and cons

Choose a specific example of something that you are not sure about. Make it specific.

For example: "I have been invited to a friends birthday party that is being held at a pub. Will I go?"

- List all the advantages of continuing that behaviour /substance /activity
- List the disadvantages of continuing that behaviour.

Advantages	Disadvantages

Then do the reverse.

- List all the advantages of stopping that behaviour.
- List all the disadvantages of stopping that behaviour.

Advantages	Disadvantages

It can help to label each item either short-term or long-term.