**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.