

The Pros & Cons of Using

See the whole picture - including the reasons using may have become important to you.

What I LIKE about using

What does it give me or help me avoid?

What I DON'T LIKE about using

What difficulties or consequences have I noticed?

What I might LIKE about changing

What could become easier or more possible?

What I might NOT LIKE about changing

What feels difficult or uncomfortable?

Looking at all four areas, what stands out most?

What would make change feel more manageable?
