

The behavior I am thinking of changing is: _____

WEIGHING DECISIONS

When people weigh decisions, they look at the benefits and consequences of the choices they can make. Remember that having mixed feelings often occurs when making decisions.

Many people change on their own. When they are asked what brought about the change, they often say they just “thought about it,” meaning they evaluated the consequences of their current behavior and of changing before making a final decision. You can do the same thing with the costs of changing on one side and the benefits of changing on the other side. This exercise will help you look at the good things and less good things about making a change. To change, the scale needs to tip so the costs outweigh the benefits. Weighing the pros and cons of changing happens all the time—for example, when changing jobs or deciding to move or get married.

DECISION TO CHANGE EXERCISE

One thing that helps people when thinking of changing is to list in one place the benefits and costs of changing or continuing their current behavior. Seeing the full array of costs and benefits can make it easier to decide if you should change.

Below is an example of a Decision to Change Exercise.

BENEFITS OF CHANGING	COSTS OF CHANGING

IT'S YOUR DECISION

List below the most important reason(s) you want to change and what you need to do to make the change. You are the one who must decide what it will take to tip the scale in favor of changing.

What is the most important reason I want to change? _____

What steps do I need to take in order to make this change? _____
