My Pros and Cons Grid

Write this while calm, about one crisis urge that keeps coming back.
Carry it, and reread it when the urge hits.

Name: _____ **Date:** _____

1 The urge One urge per grid

The crisis urge I am weighing (to do, to quit, to avoid): _____

When and where it usually shows up: _____

How strong it gets on a bad day (0 to 10): _____ **Today (0 to 10):** _____

2 The four boxes Fill in all four, honestly

Mark each item S (short term: today) or L (long term: beyond today) by circling the letter.

	PROS	CONS
Acting on the urge giving in, giving up, avoiding	What acting would give me: S L _____ S L _____ S L _____ S L _____	What acting would cost me: S L _____ S L _____ S L _____ S L _____
Resisting the urge riding it out, using a skill instead	What resisting would give me: S L _____ S L _____ S L _____ S L _____	What resisting would cost me: S L _____ S L _____ S L _____ S L _____

3 Wise mind conclusion Read the long term items twice

The two or three items that weigh most for me: _____

Which way do the long term (L) items point? _____

My wise mind decision, in one sentence: _____

What I will do instead (a skill, a person, a place): _____

When the urge hits

- [ ] Take the grid or card out and read it.
- [ ] Picture the good outcome of resisting.
- [ ] Recall the last time I acted on it.
- [ ] Name the cost I wrote in the L items.
- [ ] Do the thing I wrote under box 3.
- [ ] Still stuck? Reach my person or 988.

Pocket card cut out, keep with phone

When I want to: _____

Acting gives me, for now: _____

But it costs me: _____

Resisting gives me: _____

Good day or good life? · Crisis: call or text 988 · 911

Thoughts of suicide or self harm? Call or text 988 (US) · In immediate danger: call 911

Original layout by Lotus & Tulip, based on the DBT pros and cons skill (Linehan, 2015). Not therapy.
Free printable from Lotus & Tulip · lotustulip.com/dbt-pros-and-cons-worksheet.html

Pros and Cons Practice Log

Reread your grid while calm, then log each time the urge shows up this week. Resisting partly still counts.

Name: _____ **Date:** _____

1 Rehearse it Before the urge hits

Days I reread my grid while calm: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Where I keep it (wallet, phone photo, locker, bag): _____

2 One urge in detail Fill in soon after

What set it off (who, what, when, where): _____

Urge strength before reading the grid (0 to 10): _____ **After:** _____

Did I read my grid? ☐ Yes ☐ Partly ☐ No, I forgot it ☐ I did not have it with me

The item that mattered most in the moment: _____

What I did, and what happened next: _____

Outcome: ☐ Resisted ☐ Resisted for a while ☐ Acted on it, and I am logging it anyway

This week Urge 0 to 10. R = resisted, P = partly, A = acted.

Day	Situation	Urge	Read grid?	R P A	After
			☐ Y ☐ N	☐ R ☐ P ☐ A	
			☐ Y ☐ N	☐ R ☐ P ☐ A	
			☐ Y ☐ N	☐ R ☐ P ☐ A	
			☐ Y ☐ N	☐ R ☐ P ☐ A	
			☐ Y ☐ N	☐ R ☐ P ☐ A	
			☐ Y ☐ N	☐ R ☐ P ☐ A	
			☐ Y ☐ N	☐ R ☐ P ☐ A	

3 Update my grid Bring this to session

A new pro or con I learned this week: _____

An item to cross out or rewrite (it was not true for me): _____

For the clinician

Pros and cons is a crisis survival skill: Distress Tolerance Handout 5, with Worksheets 3 and 3a (Linehan, 2015). This page is an original layout.

Build the grid in session while the client is calm, in their own words. Honest pros of the urge make the exercise believable.

Best when the client already wants to resist the urge. With ambivalence about change, MI style evocation fits better (Miller and Rose, 2015).

Pros and cons buys a pause; it does not solve the problem. Pair it with STOP, TIPP and a safety plan where there is risk.

Session notes: _____

Crisis: call or text 988 (US) · Text HOME to 741741 · Emergency: 911

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L&T

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DBT Worksheets for Therapists, 20 pages incl. a crisis survival plan, a diary card, check the facts, opposite action and chain analysis

Holiday sale on Etsy until Dec 2: about $11.04, was $14

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