Decisional Balance Worksheet

Look at a possible change from every side. There are no right answers, only honest ones.

Name: _____ **Date:** _____

The change I am thinking about: _____

Good things about how things are now

Not so good things about how things are now

Not so good things about changing

Good things about changing

How important is this change to me right now?

0	1	2	3	4	5	6	7	8	9	10

0 = not at all — 10 = extremely

How confident am I that I could make it, if I decided to?

0	1	2	3	4	5	6	7	8	9	10

0 = not at all — 10 = extremely

Original layout by Lotus & Tulip. A reflection tool to use with a counselor, not a substitute for care.

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Pros and Cons for an Urge

Fill this in when you are calm, then reread it when the urge shows up.

Name: _____ Date: _____

The urge I want to plan for: _____

Acting on the urge

Pros (short and long term)	Cons (short and long term)

Resisting the urge

Pros (short and long term)	Cons (short and long term)

Looking at all four boxes

Which consequences matter most to me in the long run? _____

_____

When the urge hits, I will remind myself: _____

Skill I will use instead: _____

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My Reasons and Next Step

Use this page only if you have decided you want to try a change. Small steps count.

Name: _____ Date: _____

My most important reasons for changing

1. _____
2. _____
3. _____

This matters to me because I value: _____

A year from now, I hope: _____

My plan

My first small step: _____

When and where I will do it: _____

What might get in the way: _____

What I will do if that happens: _____

Who can support me: _____

How ready am I to take this first step?

0	1	2	3	4	5	6	7	8	9	10

0 = not at all 10 = extremely

Check in

How I will know it is working: _____

If I slip, I will (a slip is information, not failure): _____

Date I will look at this plan again: _____

Safety: if you or someone else might act on thoughts of suicide or self harm, in the US call or text 988 any time, or text HOME to 741741. If someone is in immediate danger, call 911. Stopping alcohol, benzodiazepines or some medicines suddenly can be dangerous. Talk with a medical provider before you change these.

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