

Decisional Balance

Use Decisional Balance to help your patients identify the pros and cons of changing versus not changing when they do not plan to change in the next few months. Here is an example of a worksheet you can create to use with your patients.

Steps to create Decisional Balance:

1. Define the target behavior.
2. Define the benefits and costs of changing a behavior.
3. Define the benefits and costs of not changing a behavior.

Target Behavior: _____

PROs	CONs
<i>If I choose to change...</i>	<i>If I choose to change...</i>
<i>If I choose to stay the same...</i>	<i>If I choose to stay the same...</i>

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