



Prompts for Decisional Balance

Decision: _____

	Alternative A	Alternative B
Good outcomes	<p>1. Acknowledge reasons for current behaviours</p> <ul style="list-style-type: none"> • Easier, less effort, less stress • Less time required • Can do what I like • Other? 	<p>3. Identify possible benefits to be gained from taking action</p> <ul style="list-style-type: none"> • What's in it for me? • What short- & long-term benefits will I get? • Impact on self/others?
Not so good outcomes	<p>2. Identify possible negative consequences of inaction</p> <ul style="list-style-type: none"> • Short-term negative consequences • Long-term negative consequences • Impact on self/others? 	<p>4. Acknowledge undesirable aspects of taking action</p> <ul style="list-style-type: none"> • Harder, more effort to break habits • More stressful • More time & planning required • Other?

Is anything you have mentioned important enough for you to want to work on this?