



Prompts for Decisional Balance

Decision: _____

	Alternative A	Alternative B
Good outcomes	<p>1. Acknowledge reasons for current behaviors</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?