

Decision Balance Prompt Sheet

The decision that I am considering is whether or not to work on _____ to improve my health.

	Don't Change Anything	Make Some Changes
Good Outcomes	<p>1. What's working for you now?</p> <ul style="list-style-type: none"> • Easier, less effort • Less Stressful • Less time required • Can do what I like • ? 	<p>3. What benefits would you expect from changing things?</p> <ul style="list-style-type: none"> • What's in it for me? • What short & long term benefits will I get? • ?
Not so Good Outcomes	<p>2. What's the downside of what you are doing now?</p> <ul style="list-style-type: none"> • Short & long term negative consequences • ? 	<p>4. What's the downside of changing things?</p> <ul style="list-style-type: none"> • Harder, more effort • More Stressful • More time required • ?

“Does this help you to make a decision one way or the other?”