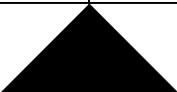


# Decisional Balance Scale

<p><b>Value/Benefits of NOT Changing</b></p> <p><i>What do you like about what you're currently doing?</i> <i>What do you like about...?</i> <i>Why is working for you ...?</i> <i>What are some other reasons?</i></p>	<p><b>Value/Benefits of Changing</b></p> <p><i>Why is it important to make this change?</i> <i>What effects would (change) have on you?</i> <i>What other benefits would there be if you made this change?</i></p>
<p><b>Cost/Consequences of Changing</b></p> <p><i>What things are keeping you from changing?</i> <i>What types of problems/stressors could the change cause?</i></p>	<p><b>Cost/Consequences of NOT Changing</b></p> <p><i>What is the primary concern you have about your current behavior?</i> <i>What are other consequences if you don't make any change?</i></p>

**SUSTAIN**

**CHANGE**



**To change, you need to tip the scale so the negatives of the behavior outweigh the positives. This process is called Decisional Balancing.** People do it all the time: weighing the pros and cons of change. For example, people weigh the pros and cons of making changes in their jobs or relationships. Making decisions about changing other areas of your life is the same.

### THINKING ABOUT CHANGING

In thinking about changing, ask yourself: **What do I stand to lose (and gain) by continuing my current behavior? What role does this behavior play in my life?** At some point, you may have received real benefits from the behavior you want to change — relaxation, fun, stress reduction. However, because you are now reading this, you are reconsidering these benefits and focusing on the costs of your behavior.

### DECISION TO CHANGE EXERCISE

One of the things that can help you clarify your thoughts about changing is to list all the benefits and costs of changing or continuing your current behavior. Look at the example below, and it will help you complete your own Decision to Change Exercise.

**It's your decision to change! You are the one who must decide what it will take for you to tip the scale in favor of change.**

DECISIONAL BALANCE SCALE	
<b>Value/Benefits of NOT Changing</b>  What do you like about what you're currently doing?	<b>Value/Benefits of Changing</b>  What are the benefits of changing?
<b>Cost/Consequences of Changing</b>  What things are keeping you from changing?	<b>Cost/Consequences of NOT Changing</b>  What are the consequences if you don't make any change?
1 ← <b>SUSTAIN</b> → 10	1 ← <b>CHANGE</b> → 10

EXAMPLE OF DECISIONAL BALANCE SCALE	
<b>Value/Benefits of NOT Changing</b> <ul style="list-style-type: none"> <li>• More relaxed</li> <li>• More fun at parties</li> <li>• Tight with my party friends</li> <li>• Don't have to think about my problems</li> </ul>	<b>Value/Benefits of Changing</b> <ul style="list-style-type: none"> <li>• Increased control over my life</li> <li>• Support from family and friends</li> <li>• Decreased school problems</li> <li>• Back into sports</li> <li>• Improved finances</li> </ul>
<b>Cost/Consequences of Changing</b> <ul style="list-style-type: none"> <li>• Increased stress/anxiety</li> <li>• Feel more depressed</li> <li>• Increased boredom</li> <li>• Sleeping problems</li> <li>• Party friends mad</li> </ul>	<b>Cost/Consequences of NOT Changing</b> <ul style="list-style-type: none"> <li>• Parents mad, may kick me out</li> <li>• Money problems</li> <li>• Lose my girlfriend</li> <li>• Increased health risks</li> </ul>