Pros and cons of changing

The good and the not so good of changing, and of staying as you are.

Name _____ Date _____

The change I am thinking about

	Staying as I am	Making the change
Good things	**What I get from things as they are**	**What I might gain**
Not so good things	**What it costs me**	**What I might lose, or what would be hard**

Looking at all four boxes, what stands out?

How important is this change to me?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Extremely

How confident am I that I could do it?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Very

The decisional balance comes from the work of Irving Janis and Leon Mann.

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