



## **ENCOURAGE EXERCISE #4**

### **Decisional Balance Worksheet**

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In this exercise, you will think about and record some of the important advantages and disadvantages of changing or continuing your current habits or behaviors. You will compare what you have to lose against what you have to gain. Think about a specific behavior or habit you are considering to change. When you are finished, review your answers, and weigh your reasons for change. Which way does your decisional balance tip?

#### **Continuing Your Current Habit or Behavior**

#### **Changing Your Current Habit or Behavior**