

Name: _____

Date: _____

Deciding to Make a Change

Are you trying to decide whether to change a behavior? It can be helpful to compare the benefits and costs.

Directions: Describe the behavior and then list the benefits and costs of changing versus not changing below. Circle the top 2-3 reasons that matter most to you.

I am thinking about changing this behavior: _____

| Benefits | |
|------------------------|--|
| Making a Change | |

| Costs | |
|------------------------|--|
| Making a Change | |

| Benefits | |
|----------------------------|--|
| Not Making a Change | |

| Costs | |
|----------------------------|--|
| Not Making a Change | |