

Decisional Balance Worksheet

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You can use the exercise below to help a patient make a clear decision on whether he/she wants to change. This exercise asks a patient to articulate the pros and cons of changing, as well as continuing their current behavior.

One of the first steps toward successfully changing your substance use is reaching a clear decision that you want to change.

In this exercise, you will think about and record some of the important advantages and disadvantages of changing or continuing your drinking. You will stack up what you have to lose against what you have to gain.

Fill in the table below. When you are finished, review your answers and weigh your reasons for change. Which way does your decisional balance tip?

Changing Your Current Drinking

What's good about it?

What's not so good about it?

Continuing Your Current Drinking

What's good about it?

What's not so good about it?