**Template: Decisional Balance Worksheet**

When we think about making changes, most of us don’t really consider all “sides” in a complete way. Instead, we often do what we think we “should” do, avoid doing things we don’t feel like doing or just feel confused or overwhelmed and give up thinking about it at all.

Thinking through the pros and cons of both changing and not making a change is one way to help us make sure we have fully considered a possible change. This can help us to “hang on” to our plan in times of stress or temptation.

*Below, write in the reasons that you can think of in each of the boxes.*

|  |  |  |
| --- | --- | --- |
| Making aChange – **Applying for Work** | Benefits/Pros for **Applying for Work/Working** | Costs/Cons for **Applying for Work/Working** |
| NotChanging – **Not Applying for Work**  | Benefits/Pros for **Not Applying for Work/Working** | Costs/Cons for **Not Applying for Work/Working** |