

## Decisional Balance

Take some more time to think through why it is important for you to change. Think about the pros and cons of keeping things as they are and allowing your problem to keep impacting on your life as it currently doing. First, list the advantages of keeping things the same in the box below where it says “Advantages of not making change”. Second, think of the benefits of changing and list them in the “Advantages of making a change” box below. Now, think of it the other way around. What would be the disadvantages of change and what would be the disadvantages of continuing to be the same? Write these down in the boxes provided.

Advantages of making a change	Disadvantages of making a change
Advantages of not making a change	Disadvantages of not making a change

Sometimes people find it hard to think of the pros and cons when they have been living with a problem for a long time. It can help to think of it from other perspectives. One different perspective is looking at the situation through someone else’s eyes. Choose a person who is close to you and cares for you – go back to the boxes, and consider each of them again from this person’s eyes. What advantages and disadvantages would they see for you if you were to stay the same or to make changes? Add these thoughts to the boxes. If it helps, it may be useful to actually ask the person these questions. Sometimes you will be surprised at what others are noticing about the destructive influences of the problem on your life.

## In One Year's Time....

Another perspective that can help when thinking about the pros and cons is considering what life will be like in the future with and without change. It can feel difficult to make changes in the present, but when you consider what the future will look like without change, this can sometimes make it more urgent to start making changes now, rather than delaying them until "a better time". Look at the table below and consider what will be happening in the various areas of your life one year from now if there is no change in this problem in your life. Write down the ideas as they come to you. Now do the same for the next box, when thinking about how these areas in your life could look if the impact of the problem is reduced in your life.

### **In One Year's Time...Continuing to have this problem**

<i>Area of life</i>	<i>What will have happened in these areas?</i>
<b>My social life</b>	
<b>My work/education</b>	
<b>My finances</b>	
<b>My emotional health</b>	
<b>My relationship with my partner</b>	
<b>My relationship with my children</b>	
<b>My relationship with close friends</b>	
<b>My relationship to my parents/siblings</b>	
<b>My contribution to the community</b>	
<b>My spiritual life</b>	
<b>Other (please specify)</b>	

### **In One Year's Time...No longer having this problem**

<i>Area of life</i>	<i>What will have happened in these areas?</i>
<b>My social life</b>	
<b>My work/education</b>	
<b>My finances</b>	
<b>My emotional health</b>	
<b>My relationship with my partner</b>	
<b>My relationship with my children</b>	
<b>My relationship with close friends</b>	
<b>My relationship to my parents/siblings</b>	
<b>My contribution to the community</b>	
<b>My spiritual life</b>	
<b>Other (please specify)</b>	