



Decisional Balance Prompts

The decision that I am considering is whether or not to work on _____ to improve my health.

	Don't Change Anything	Make Some Changes
Good Outcomes	1. What's working for you now? <ul style="list-style-type: none">• Easier, less effort• Less stressful• Less time required• Can do what I like• ?	3. What benefits would you expect from changing things? <ul style="list-style-type: none">• What's in it for me?• What short & long term benefits will I get?• ?
Not so Good Outcomes	2. What's the downside of what you are doing now? <ul style="list-style-type: none">• Short term negative consequences• Long term negative consequences• ?	4. What's the downside of changing things? <ul style="list-style-type: none">• Harder, more effort to break habits• More stressful• More time & planning required• ?

"Is anything you have mentioned *important* enough to make you want to work on this?"