Decisional Worksheet

# Question Prompts for the Decisional Worksheet

* What do you think needs changed?
* What concerns do you have about change?
* What are your options?
* What do you think you will do?
* What’s the next step?

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| **Maintaining Behavior** |  | **Discontinuing Behavior** |  |
| Pros (Benefits) | Cons (Costs) | Cons (Costs) | Pros (Benefits) |
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# Exercise Summary

* Summarize the perception of the behavior
* Identify any change statements made
* Discuss ambivalence including the pros and cons of the behavior
* Identify risk factors and consequences of continuing the behavior
* Reflect indications of wanting, or intending to change
* Prompt consideration of the next step in the process of change