

DECISION BALANCE SHEET



This worksheet can be used to help you make a decision on whether you want to make certain changes in your life (e.g. stopping some old behaviours or doing something new). It is best to complete each section, even if it seems that some of the answers in different sections are similar. Make sure you include both short-term and long-term advantages and disadvantages.

Advantages of changing	Disadvantages of changing
Advantages of staying the same	Disadvantages of staying the same