

Decisional Balance

Name: _____

Date: _____

Think about a behavior related to substance use that you are considering changing. Write the behavior in the goal statement, and then identify the benefits and costs of both changing and not changing.

Goal Statement: The behavior I am considering changing is: _____

<u>Benefits of Staying the Same</u>	<u>Costs of Staying the Same</u>
<u>Costs or Difficulty of Change</u>	<u>Benefits of Change</u>