Decisional Balance Worksheet

The decision I am facing is:

Step 1 - What are my options? Describe your options and list the pros & cons of each. Then, on a scale of 1-5, rate each pro & con in terms of how important it is. The higher the number, the more important it is to you.

My Options	Reasons to choose this option:	Rating	Reasons to avoid this option:	Rating
Example: Move back to my hometown	I'll be close to my mom	2	I'll miss my friends	1
	I have a job waiting for me	1	I won't be able to bring my cat	5
Option #1:				
Option #2:				
Option #3:				

Step 2 - Do I need more information? Discuss how you rated each pro & con with someone you trust. Put a circle around the items you need more information about. Then make a plan to gather the information you need.

My plan to get more information:

Step 3 - Which option do I prefer? Now that you have explored your options and gathered more information, put a check next to the option you prefer.

☐ #1 ☐ #2 ☐ #3 ☐ I'm not sure

Step 4 - How confident are you? Put a mark on the line below to show how confident you feel about the option you chose.

Not confident — Somewhat confident — Completely confident

My next steps are:

☐ Discuss with others ☐ Get more information ☐ Find out what others have done ☐ I've decided

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