



Decisional Balance: "To Change or Not to Change"

	Reasons Not to Change	Reasons to Change
<p>Stay the Same</p> <p>(This column will have all the benefits of staying the same...) "What do you like about this behaviour?"</p> <p>MORE TIME W PARTNER NO COMMITMENTS NO RESPONSIBILITY ABLE TO WATCH TV. SAVE MONEY. SAVE TIME.</p> <p>being a couch potato Behaviour: EXERCISE MORE.</p>	<p>(This column lists all the concerns or problems with the behaviour...) "What concerns you about this behaviour?"</p> <p>UNHEALTHY. FITNESS. ASMA. HEART ATTACKS. LIFE SPAN. SELF ESTEEM.</p>	
<p>Change</p> <p>(These are the concerns you would have if you were to change...) "What concerns would you have if you were to change?"</p> <p>LESS TIME W PARTNER. COST. FEAR OF RIDICULE. OBSESSIVENESS. staying committed</p> <p>My Goal for Change:</p>	<p>(These are the benefits of making changes...) "What would the benefits of changing be?"</p> <p>BETTER HEALTH SAVE MONEY ON MEDS BUILD SELF ESTEEM. EASIER CLOTHING AVAILABLE MORE ACTIVITIES. MORE OUTGOING. MORE ATTRACTIVE MORE PREPARED FOR KIDS. Better example for kids. Self-respect from commitment bone health</p> <p>spend on other goals</p>	