

# My Decision Balance Sheet



Situation requiring a decision: \_\_\_\_\_

(No Change / No Action)		(Change / Take Action)	
Current Behaviour:		New Behaviour:	
ADVANTAGES*	DISADVANTAGES*	DISADVANTAGES*	ADVANTAGES*
Short-term Benefits (=Pleasure)	Long-Term Risks/Costs (=Pain)	Short-term Risks/Costs (=Pain)	Long-Term Benefits (=Pleasure)
<i>What do you hope to gain with this behaviour in the short-term?</i>	<i>What are the potential long-term costs, if you continue with this behaviour?</i>	<i>Suppose you decide to make a change. What would be the biggest disadvantages?</i>	<i>Suppose you succeed. What benefits would this change bring you in the long-term?</i>

\* For you & others.