

Sample Decisional Balance Sheet - "my alcohol use"

Continuing on as Before		Making a Change	
What are some Of the good things...	What are some of the not so good things	What are some of the not so good things	What are some of the good things about change
Benefits	Costs	Costs	Benefits
<p>Helps me relax</p> <p>Feel like I fit in</p> <p>Don't worry about the bills</p> <p>Love the buzz I get</p>	<p>Legal Trouble</p> <p>Can' see my kids – wife won't let me</p> <p>Paying for my attorney and court costs</p> <p>People don't trust me</p>	<p>Won't have a way to relax</p> <p>What about my friends?</p> <p>Life will be boring</p>	<p>Family would trust me again</p> <p>Marriage would go better</p> <p>Better at my job</p> <p>More Money</p> <p>Get off probation sooner</p>