

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Deciding to Make a Change

Are you trying to decide about whether to change a behavior? It can be helpful to think about things that are good and not so good about changing.

**Directions:** Describe the behavior you are thinking about changing. Then, look at the following ideas for possible reasons. Add others that apply to you. Finally, check the top 2-3 reasons that matter most to you.

I am thinking about changing this behavior: \_\_\_\_\_

### Things Good About Not Changing

- It helps me fit in with friends.
- It's fun to do.
- It helps me relax and calm down.
- It's something I can do when I'm mad.
- Others notice me when I do it.
- I don't have to deal with my problems.
- Other: \_\_\_\_\_
- \_\_\_\_\_
- Other: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Things Not So Good About NOT Changing

- I will get in trouble.
- I will feel guilty or ashamed.
- It's bad for my health.
- I argue with others about it a lot.
- I feel like I have to hide that I do it.
- I will feel anxious or sad.
- I will have more problems with money.
- Other: \_\_\_\_\_
- \_\_\_\_\_
- Other: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Things Not So Good About Changing

- I will need to do things differently.
- I will feel more sad and anxious.
- I may lose friends.
- I won't be able to relax.
- I won't have any way to have fun.
- I don't know if I can succeed in changing.
- Other: \_\_\_\_\_
- \_\_\_\_\_
- Other: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Things Good About Changing

- I will feel more in control of my life.
- I will have more money.
- I will get along better with others.
- I won't feel I have to hide what I do anymore.
- I won't get into trouble.
- I will have fewer problems at work or school.
- It will be easier to reach other goals.
- Other: \_\_\_\_\_
- \_\_\_\_\_
- Other: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_