

Decisional Balance Exercise

Behaviour Change	No Change	Change
Advantages (Pros)	<i>What is something good that could come from NOT taking this action?</i>	<i>What is something good that could come from taking this action?</i>
Disadvantages (Cons)	<i>What is something bad that could come from NOT taking this action?</i>	<i>What is something bad that could come from taking this action?</i>