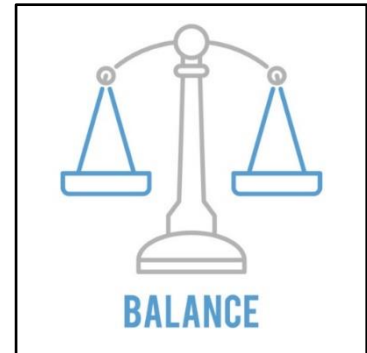


Decisional Balance

“Research on the [transtheoretical model (TTM)] indicates that the relative balance of pros and cons shifts across and is a marker of the stages of change (Carey, Maisto, Carey and Purnine, 2001; Ma et al., 2002). From a relative absence of pro-change motivations during the precontemplation stage, one moves into the counterbalancing pros and cons of contemplation. **As the pros of change increase and begin to outweigh the cons, one moves toward preparation and considers options for how change might be accomplished** (Prochaska, 1994).” (Miller & Rose, 2015)



Weighing Decisions

- *looking at the costs and benefits of the choices you can make*
- *it is common to have mixed feelings when making decisions*

Decisional Balancing

- *evaluating the consequences of your current behavior and of changing before making a final decision*
- *to change, the scale needs to tip so the costs outweigh the benefits*
- *seeing the full array of costs and benefits in one place can make it easier to decide in you should change*

Decision to Change Exercise EXAMPLE

Behavior/habit: <i>Not utilizing specific resources to plan out my weekly routine</i>		
	Changing	Not Changing
Benefits of	<ul style="list-style-type: none"> • <i>Increased control over my routine</i> • <i>More time dedicated to connecting with family and friends</i> • <i>Decreased conflicts between priorities</i> • <i>Improved physical and financial wellness</i> 	<ul style="list-style-type: none"> • <i>More flexibility by approaching each day with a clean slate</i> • <i>Ability to make priorities as things come up</i> • <i>Less time spent on the planning process</i> • <i>Not having to think about potential conflicts</i>
Costs of	<ul style="list-style-type: none"> • <i>Feeling less flexibility throughout the week</i> • <i>Sacrificing my natural inclination for spontaneity</i> • <i>More time needed for planning process</i> 	<ul style="list-style-type: none"> • <i>Feelings of stress/anxiety/uncertainty</i> • <i>Less time dedicated to connecting with family and friends</i> • <i>Lack of focus on physical and financial wellness</i>

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- Miller, W., & Rose, G. (2015). Motivational Interviewing and Decisional Balance: Contrasting Responses to Client Ambivalence. *Behavioural and Cognitive Psychotherapy*, 43(2), 129-141. doi:10.1017/S1352465813000878
- Balance Icon: <https://www.creativefabrica.com/product/balance-icon/>



Decision to Change Exercise

Behavior/habit:		
	Changing	Not Changing
Benefits of	<i>What are the advantages of changing?</i>	<i>What are the advantages of the status quo?</i>
Costs of	<i>What are the disadvantages of changing?</i>	<i>What are the disadvantages of the status quo?</i>

The most important reason I want to change:

The steps I can take to achieve and sustain change:

Weighing Decisions

- *Consider the costs and benefits of the choices you can make. Also, consider what obstacles might get in the way once a choice is made.*
- *Remember, it is common to have mixed feelings when making decisions.*
- *You are the one who must decide what it will take to tip the scale in favor of changing.*