

## Weighing My Options

When we think about making a change, it's sometimes hard to see all sides. We may ignore things we don't want to do or feel are too hard to do. Use the following form to evaluate your choices and help you think through all the pros and cons. Pick a behavior that you might consider changing and evaluate the costs and benefits of staying the same and the costs and benefits of changing. Use Mike's example about trying to call his mom less frequently to help you fill out the form for yourself.

### **Benefits of NO change** – Reasons it's good for things to stay the same:

Mike – I have a better chance of knowing my mom is safe if I call her all the time

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **Costs of NO change** – Reasons it's hard for things to stay the same:

Mike – I'll keep feeling sick at basketball whenever my mom is late

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **Benefits of Change** – Reasons it would be good for things to change:

Mike – I can do more with my friends and I won't bother my mom as much

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **Costs of Change** – Reasons it would be hard for things to change:

Mike – At first I might worry more about my mom if I don't know for sure she is OK

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_