

**HANDOUT 11.1**

## Decisional Balance Tool

*Directions:* List the pros and cons for making a change in each of the four boxes below.

<b>Benefits/Pros of making a change</b> 1	<b>Benefits/Pros of not making a change</b> 2
<b>Costs/Cons of making a change</b> 3	<b>Costs/Cons of not changing</b> 4

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