## **Creating Change**

What are the costs and benefits of change? Since action is usually preceded by thought, the decisional balance conversation can assist you to think your way through to a desired course of action. This worksheet is designed to help you identify pros and cons of making a particular change in your life.

Reasons to Stay the Same						Reasons to Change					
Vrite down as many benefits of staying the same.						Write down as many concerns about staying the same.					
What are your	/hat are your concerns about change?					What are the benefits of change?					
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