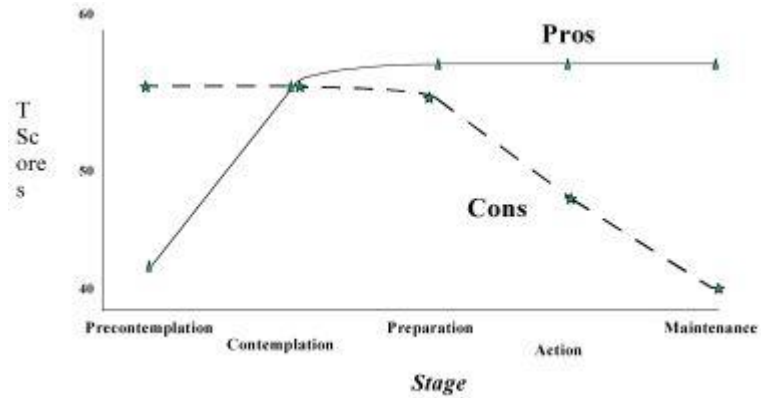


Decisional Balance

This balance reflects the individual's pros and cons of changing. They combine to form a decisional "balance sheet" of gains and losses. The balance varies depending on which stage of change the individual is in. Decisional balance is one of the best predictors of future change.

- Procontemplation:
 - Cons of changing > Pros
- Middle Stages:
 - Pros of changing > Cons
- Action:
 - Pros of changing > Cons



When feeling unmotivated to change a habit/behavior, fill out the chart below (move from Precontemplation to Contemplation)! It's the first big step to change - review & update throughout the decision process.

	Changing	Not Changing
Benefits of		
Costs of		

Resource: <http://www.prochange.com/transtheoretical-model-of-behavior-change>