

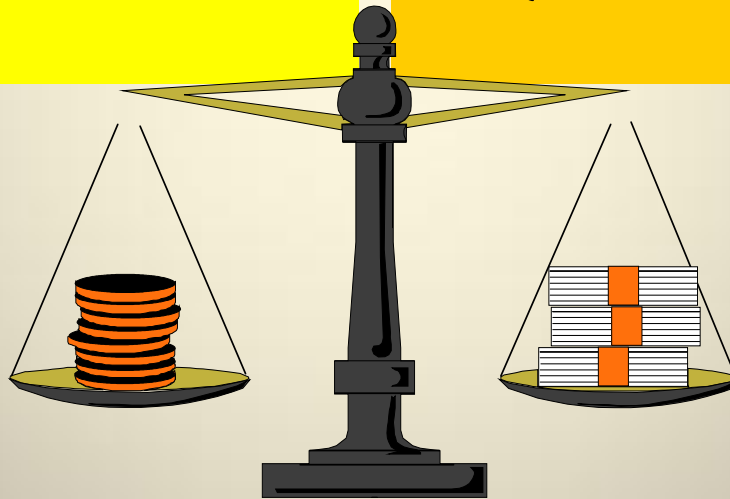
Decisional Balance

A Contemplation Stage Tool

Understanding Ambivalence

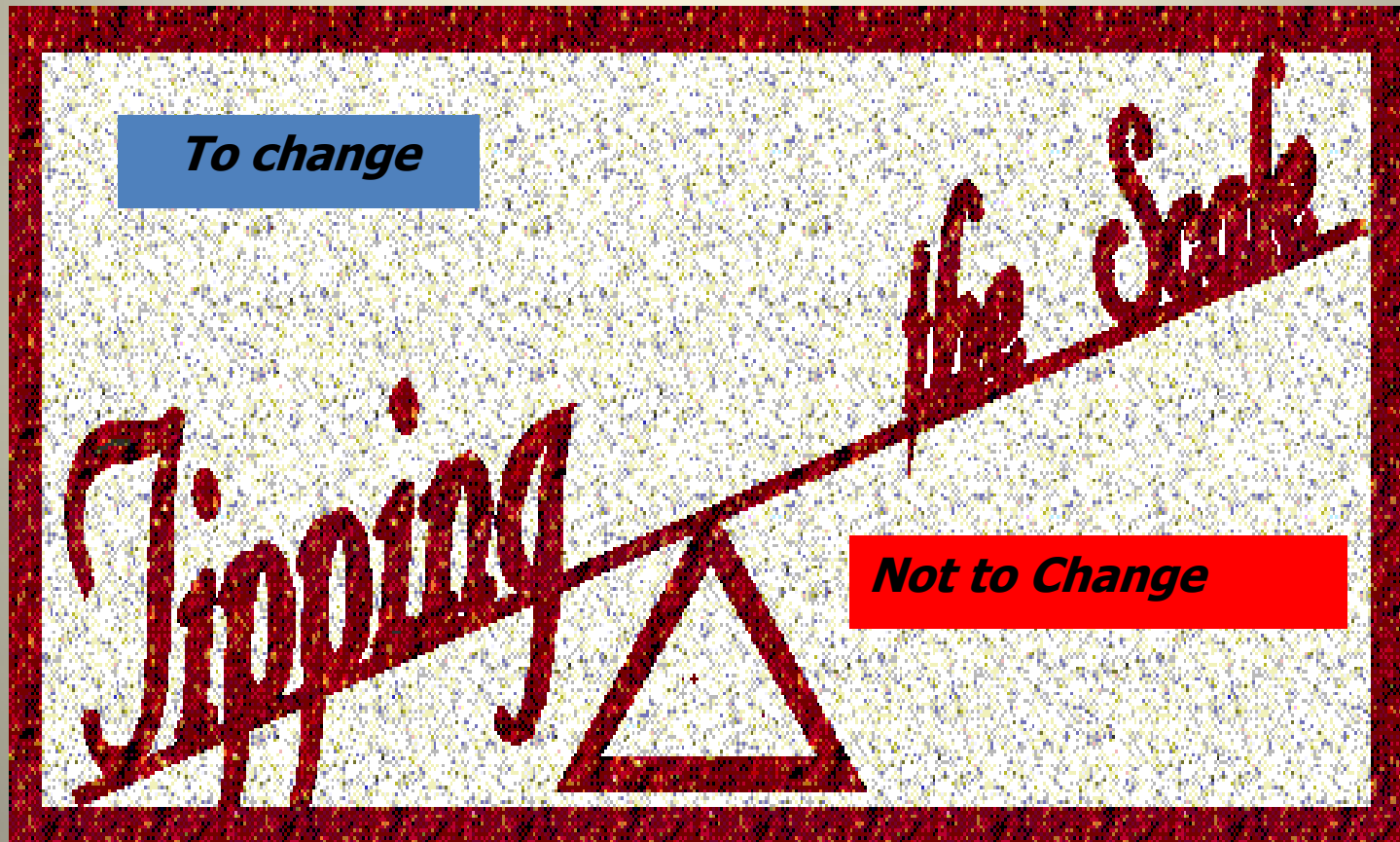
- **Costs of Status Quo**
- **Benefits of Change**

- **Costs of Change**
- **Benefits of Status Quo**



Contemplation: cost-benefit balance

Ambivalence is the Issue -- Decisional Balance is the Intervention



DECISIONAL WORKSHEET

THINGS I LIKE ABOUT SMOKING

1. _____
2. _____
3. _____
4. _____

THINGS I DON'T LIKE ABOUT SMOKING

1. _____
2. _____
3. _____
4. _____

THINGS I WOULD DISLIKE ABOUT QUITTING

1. _____
2. _____
3. _____
4. _____

THINGS I WOULD LIKE ABOUT QUITTING

1. _____
2. _____
3. _____
4. _____

REASONS TO STAY THE SAME

REASONS FOR MAKING A CHANGE

Decisional Balance

Decisional Balance Worksheet
(Fill in what you are considering changing)

Good things about behavior:

Not so good things about behavior:

Not so good things about changing behavior:

Good things about changing behavior

Decisional Balance Sheet

Reasons for staying the same

Reasons for making a change

Good things about:

- 1.
- 2.
- 3.

Not so good things about:

- 1.
- 2.
- 3.

Not so good things about changing:

- 1.
- 2.
- 3.

Good things about changing:

- 1.
- 2.
- 3.

Conducting a Decisional Balance Discussion

- Accept all answers. (Don't argue with answers given by client.)
- Explore answers.
- Be sure to note both the benefits and costs of current behavior and change.
- Explore costs/benefits with respect to client's goals and values.
- Review the costs and benefits.

Imagine Extremes

- “What is the worst that can happen if you continued?”
- What do you think would have to happen to make you decide to tell yourself, “ok that’s enough?”

Looking Back

- “When was the last time things were going well for you and what was it like for you?”
- “What do you think could have prevented this setback?”
- “Before you used , what was your life like?”
- “As you step back and look at all this, what do you make of it?”

Looking Forward

- “What would you like your life to be like in 2 years?”
- “How does what you are doing now make that difficult?”
- “What would it be like if you continue with the way things are now?”
- Suppose things don’t change, how do think your life will look?”

Decisional Balance:
New Hope Tss *CODE green*

A Contemplation Stage Tool

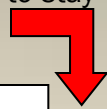
Client Name: _____

Date: _____

Red = stop & stay

Green = pack & go

Steps 1 & 3 are reasons to stay

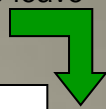


Step 1

The **Good Things** about staying in treatment...

- 1.
- 2.
- 3.
- 4.
- 5.

Steps 2 & 4 are reasons to leave



Step 2

The **Not So Good Things** about staying in treatment...

- 1.
- 2.
- 3.
- 4.
- 5.

Step 3

The **Not so Good Things** about leaving treatment...

- 1.
- 2.
- 3.
- 4.
- 5.

Step 4

The **Good Things** about leaving treatment...

- 1.
- 2.
- 3.
- 4.
- 5.