

# Decision Balance Chart

**Aim:** To help you weigh up the consequences of your behaviour before you act so you can make better decisions for you and others in the long-run.

1. Identify a habit or behaviour that you want to change, e.g. drug use, fighting, drinking, anger.

**The change I need to make is...**

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2. Why is it important to think about changing this behaviour? Be honest about the good (benefit) and bad (cost) in both columns.

## Continuing your behaviour

**What is good (BENEFIT) about continuing to do what you do?**  
(e.g. gets me what I want, don't have to worry about others, makes me feel good)

**What is bad (COST) about continuing to do what you do?**  
(e.g. I don't spend time with my family/friends, I get into trouble with the law, it upsets my partner)

## Changing your behaviour

**What would be bad (COST) about changing?**  
(e.g. I'd have to learn to control my response or reaction, have to learn to live sober, and learn time out skills)

**What could be good (BENEFIT) about changing?**  
(e.g. my family will enjoy more of my company, I will save money, I won't get in trouble)

3. Think about the results of the exercise and ask the following questions:

**On a scale of 1 to 10...**

- How willing are you to change? \_\_\_\_\_
  - How confident are you that you can change? \_\_\_\_\_
  - How important it is to you to change? \_\_\_\_\_
  - Why?
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