

Decisional Balance Tool

In his book, *Motivate Healthy Habits: Stepping Stones to Lasting Change* (2004), Richard Botelho describes the Decisional Balance Tool. When you feel ambivalent or resistant about the prospect of experimenting with a new approach, completing the form below may assist you to clarify your course of action.

Reasons to Stay The Same	Reasons to Try Something New
1. What are the benefits of staying the same? (List as many as possible.)	2. What are my concerns about staying the same? (List as many as possible.)
3. What are my concerns about trying something new? (List as many as possible.)	4. What are the benefits of trying something new? (List as many as possible.)
<p>After listing as many reasons as possible, explore your thoughts and feelings about Staying The Same or Trying Something New. To explore your thoughts, answer the question, "On a scale of 0-10, how valid are the reasons I came up with?" To explore your feelings, answer the question, "On a scale of 0-10, how good do I feel about the reasons I came up with?" Finally, looking at the reasons and scores in each column, answer the question, "On a scale of 0-10, how much do I want to Stay The Same (Resistance Score) or Try Something New (Motivation Score)?"</p>	
Thinking Score = _____ Feeling Score = _____ <i>Resistance Score = _____</i>	Thinking Score = _____ Feeling Score = _____ <i>Motivation Score = _____</i>

0	1	2	3	4	5	6	7	8	9	10
None		Low		Average		Moderately High		Very High		