

## Decisional Balance Exercise

*Below, write in the pros and cons associated with using substances. Also specific reasons to consider reducing use and not reducing use.*

<i>PROS: The good things about using:</i>	<i>CONS: The not-so-good things about using:</i>
<i>REASONS not to Reduce Use:</i>	<i>REASONS to Reduce Use:</i>

Decisional Balance Exercise helps people think about why they use and why they should make changes. Most people don't consider all "sides" of changing in a complete way. Instead, most people often do what they think they "should" do, avoid doing things they don't feel like doing, or just feel confused or overwhelmed and give up thinking about it all together. Thinking through the pros and cons of using substances is one way to help people consider all sides.