

## Pros and Cons of \_\_\_\_\_ (behavior)

SUSTAIN	CHANGE
<b>PRO- Value/Benefits of NOT Changing</b> What do you like about what you're currently doing? What about this is livable? Why is it easier to just stay where you are with this? Why is it working for you? What are some other reasons?	<b>PRO- Value/Benefits of Changing</b> What benefits would there be from making this change? Why is it important to make this change? What effects would (change) have on you/your life? What else makes it important to make this change?
<b>CON-Cost/Consequence of Changing</b> What are the downsides if you actually changed? What would you lose, or give up if you changed? What things are keeping you from changing? What problems or stressors could the change cause?	<b>CON-Cost/Consequence of NOT Changing</b> What is a primary concern you have about the behavior? What other consequences of not changing concern you? What is a likely outcome, if you don't make any change? If you don't change, what other concerns do you have?

### VALUES

VALUE 1: \_\_\_\_\_

VALUE 2: \_\_\_\_\_

If you approached this issue, completely aligned with your intentions around your values, what would you do?

How would it play out?

What steps would you make?