

## **TIPPING THE SCALE WORKSHEET**

When you are having difficulty making a decision about whether or not to engage in a particular behavior, this worksheet can be helpful in weighing the pros/cons of that behavior.

What is the behavior? \_\_\_\_\_

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<b>PROS OF NOT CHANGING</b>	<b>CONS OF NOT CHANING</b>
<b>CONS OF CHANGING</b>	<b>PROS OF CHANING</b>



Based on the pros and cons, what is your conclusion? \_\_\_\_\_

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