

# Pros & Cons of Change

When we think about making changes, most of us don't really consider all sides in a complete way. Instead, we get caught up in what we "should" do, avoid doing things we don't feel like doing, or just feel confused or overwhelmed and give up thinking about it at all.

Thinking through the pros and cons of both changing and not changing is one way to make sure you have fully considered a possible change. This can help us to "hang on" to our plan in times of stress or temptation. **Write down the change you want to make:**

Now, complete the worksheet, listing the "good" and "not so good" things you can see about changing or not changing

|             | No Change | Change |
|-------------|-----------|--------|
| Good        |           |        |
| Not-So-Good |           |        |