

## ***Deciding to Make a Change***

Making behavioral changes are difficult. There are pros and cons to both making changes as well as remaining the same.

Step 1. Identify the symptoms that cause you the most significant difficulties.

Step 2. What changes can you make to reduce these symptoms?

Step 3. How willing are you to make these changes? Review the pros and cons to changing.

### **Step 1.**

| <b>List the symptoms you find most distressing</b> |
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### **Step 2.**

| <b>Changes that can be made to reduce these symptoms</b> |
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**Step 3.** Potential Change: \_\_\_\_\_

|                  | Benefits/Pros | Costs/Cons |
|------------------|---------------|------------|
| Making a Change  |               |            |
| Staying the Same |               |            |

Have you decided to make a change? \_\_\_\_\_