



Decisional Balance Worksheet

Making Decisions That Support My Recovery and Wellness

Step 1: Describe the decision you are facing: _____

Step 2: Below, describe your options and then list the pros and cons of each option:

	Possible reasons to choose this option are:	★	Possible reasons to avoid this option are:	★
Option #1 is:				
Option #2 is:				
Option #3 is:				

Step 3: On the list above, rate each item in terms of how important it is to YOU. For instance, an item that is very important to you might get 5 stars (★★★★★) but an item that is not terribly important to you might get only 2(★★) stars. There is no need to add the stars up.

Step 4: Discuss how you rated each item with someone you trust. Put a circle around the items you need more information about. Would information from the Recovery Library help clarify any issues for you?

Step 5: Now that you have done the exercise, put a circle on the line below to show which way you are leaning in your decision.



I am very unsure about
the choice I want to make

I feel confident about
the choice I want to make.

Step 6: What are your next steps?

☐ Discuss with others ☐ Get more information ☐ Find out what others have done ☐ I've decided