

Decisional Balance



Example

Good things about use	Not-so-good things about use
Enjoy being with others	Sometimes get in trouble
Forget my problems	Jeopardize my housing
Enjoy feeling high	Alienate my family

Good things about change	Not-so-good things about change
Could reconcile with family	Would have no friends
Could use money for other things	Would be depressed with no way to feel better
Wouldn't get arrested	Couldn't deal with cravings
Could be eligible for permanent housing	