

# Decisional Balance Tool

## Primary Health Care and Chronic Disease Management Network

### To Change or Not Change?

Often it is not enough to know what to do to improve your health. Change is hard and things can get in the way. It can be helpful to consider how hard you are willing to work and whether you are willing to make effortful choices to see health improvements later in your life.



Complete the boxes below to see if you are ready to change or stay the same.

What is the new behaviour you are considering? \_\_\_\_\_

#### Side of changing

##### Advantages of (new behaviour)

What is good or helpful about the "new behaviour" you are considering?

##### Disadvantages of (current behaviour)

Is there anything that you don't like or is unhelpful about your "current behaviour"?

#### Side of staying the same

##### Disadvantages of (new behaviour)

What is difficult or challenging about the "new behaviour" you are considering?

##### Advantages of (current behaviour)

What do you like about your "current behaviour"?

- Why do you want to change? \_\_\_\_\_
- How hard are you willing to work? \_\_\_\_\_
- Are you willing to do the work now even if you don't see the benefit right away? \_\_\_\_\_

