



MOTIVATIONAL INTERVIEWING DECISIONAL BALANCE WORKSHEET



⇒ Exploring Change Without Judgment ⇐



WHAT IS A DECISIONAL BALANCE?

A decisional balance worksheet helps you explore mixed feelings about change.

Many people feel two things at the same time:

- ♥ "Part of me wants to change"
- ♥ "Part of me is not ready yet"

This worksheet is designed to help you honestly look at both sides without shame or pressure.

KEEPING THINGS THE SAME

(Staying the Same)



BENEFITS

What feels good, comfortable, or helpful?

1. BENEFITS OF STAYING THE SAME

"What do I get from this behavior right now?"

Examples:

- It helps me avoid difficult feelings
- It feels familiar
- It helps me cope
- I feel accepted by others



MAKING A CHANGE

(Changing)

3. BENEFITS OF MAKING A CHANGE

"What could improve if I chose change?"

Examples:

- Better health
- More peace
- Improved relationships
- More stability
- Greater self-respect
- Freedom from chaos



COSTS



What problems or challenges might I face?

2. COSTS OF STAYING THE SAME

"What problems or consequences am I experiencing?"

Examples:

- Relationship conflict
- Shame or guilt
- Health concerns
- Financial stress
- Loss of trust
- Feeling stuck



4. COSTS OR CHALLENGES OF CHANGE

"What feels hard or scary about changing?"

Examples:

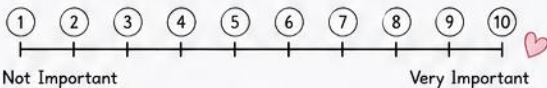
- Fear of failure
- Losing people or routines
- Uncertainty
- Emotional discomfort
- Having to face difficult feelings



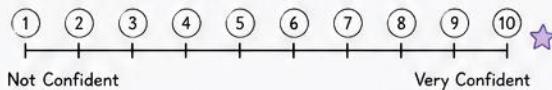
CONFIDENCE AND READINESS SCALE



How important is change to me right now?



How confident do I feel about making change?



REFLECTION QUESTIONS



♥ What stands out to me most after completing this worksheet?

♥ What am I most afraid of losing?

★ What am I hoping to gain?

👣 What small step could I take this week?



THINGS TO REMEMBER

- ♥ It's normal to feel both pros and cons.
- ♥ Ambivalence is a sign that this decision matters.
- ♥ You are allowed to move at your own pace.
- ♥ Awareness is the first step toward change.



Change is not about perfection.
It is about awareness, honesty,
and movement toward the life you
want to build.

