

Planning Sheet 2: Pros and Cons of Changing or Not Changing the Behavior

25 points

Name: _____ ID#: _____

Instructions: The second step to developing your self-management plan is to demonstrate that you are willing to make the desired change in your life. You will show willingness by engaging in an analysis of the pros and cons of not changing the behavior and the pros and cons of making the change.

1. Completely fill in the table (you might have some overlap but try to avoid this if possible). In terms of changing, it may be short term or long term. Short-term are the immediate effects of making the change while long term could be years or decades down the line. **10 points**

Target Behavior (State excess/deficit and dimension changed) – _____

Pros of Not Changing Behavior*	Cons of Not Changing Behavior*
1.	1.
2.	2.
3.	3.
Short -Term Pros of Changing Behavior	Short -Term Cons of Changing Behavior
1.	1.
2.	2.
3.	3.
Long -Term Pros of Changing Behavior	Long -Term Cons of Changing Behavior
1.	1.
2.	2.
3.	3.

2. **Analysis 1** - Why are the cons for not changing the behavior stronger than the pros for not changing the behavior? If you were weighing your reasons on a scale, the ones for cons would be heavier than the ones for pros. Be thoughtful in your answer (don't just say, because the behavior is bad, for example). **2 points**

3. **Analysis 2** - Why are the pros for changing the behavior (short and long term) stronger than the pros for not changing the behavior? If you were weighing your reasons on a scale, the pros for changing would be heavier than the pros for not changing. Be thoughtful in your answer (don't just say, because they are good, for example). **2 points**

4. **Analysis 3** - Why are the pros for changing the behavior (short and long term) stronger than the cons (short and long term) for changing the behavior? If you were weighing your reasons on a scale, the ones for pros would be heavier than the ones for cons. Be thoughtful in your answer (don't just say, because they are good, for example). **2 points**

5. **Total Analysis** - Now look at the results of your three analyses. Which outcome from Section 3.2 is likely to occur? Use the table below to help. **5 points**

Analysis #	Which side won? Put an X on the appropriate line.	
1	_____ Pros of Not Changing	_____ Cons of Not Changing
2	_____ Pros of Not Changing	_____ Pros of Changing
3	_____ Pros of Changing	_____ Cons of Changing

6. **Process of Change** – Take the short questionnaire at the end of Section 3.1. Which stage in the process of change are you in now according to it? **1 point**

7. **Self-efficacy** - On a scale from 1 (low) to 10 (high), how **successful** do you feel you will be with changing your behavior? **Why?** Do you feel you have the knowledge you need to do so? This discussion concerns your self-efficacy in Section 3.3. **3 points**

LOOKING AHEAD TO YOUR PLAN PROPSAL:
 Questions 1-5 will make up Section 1 of your Plan Proposal.