

PROS & CONS MATRIX

DIRECTIONS

- FILL OUT THE QUADRANT TITLES. LIST BULLET POINTS.
- FOR EACH BULLET POINT, ASSIGN VALUE OF 1, 2, OR 3. (E.G., 1 = LEAST SIGNIFICANT, 3 = MOST SIGNIFICANT).
- ADD UP THE NUMERICAL VALUE OF EACH QUADRANT.
- ADD TOTALS UP DIAGONALLY (SEE BOTTOM OF WORKSHEET).

A

PROS OF

CONS OF

B

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C

PROS OF NOT

CONS OF NOT

D

A + D =

B + C =

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COMPLETED EXAMPLE

A <u>14</u>	<u>PROS OF leaving my job</u> <ul style="list-style-type: none">• funemployment - 1• free time - 2• less miserable - 3• finally doing what I want - 3• no longer bothered by Bob - 3• free to find a job I like - 2 <p>LANNGUYENLCSW.COM</p>	<u>CONS OF leaving my job</u> B <u>11</u> <ul style="list-style-type: none">• no income - 3• the unknown - 3• too much free time - 2• loss of identity - 2• disapproval from partner - 1 <p>© 2023 LAN NGUYEN, LCSW</p>
C <u>4</u>	<u>PROS OF NOT leaving my job</u> <ul style="list-style-type: none">• stability - 2• income - 2	<u>CONS OF NOT leaving my job</u> D <u>12</u> <ul style="list-style-type: none">• stay miserable - 3• Work with Bob everyday - 3• pay isn't great - 2• no time to look for new job - 1• burnout - 3
A + D = <u>26</u>		B + C = <u>15</u>

→ It's more important for me to leave my job!