**Decision Grid** v. 1/12/22

* Useful strategy to explore the benefits and costs of making any change you are considering.
* A tool used in motivational interviewing;can be especially useful if you’re feeling ambivalent about making a change: (one part of you wants the change, another part is resistant).

The way it works:

1. You itemize the pros and the cons of things as they are, (no change).
2. You itemize the cons and the pros for making the change you’re considering.

Often, as a result, you feel a bit clearer about why you haven’t made the change or more convinced that the pros of the change make it worth doing. Here’s an example:

Change you are considering: ***going for it, aiming to reduce body weight*** *by the methods of eating more vegetables and fewer high calorie late night snacks, using supportive vs critical thoughts and moving more*.

#1

|  |  |
| --- | --- |
| **Pros** for keeping things as they are:  *I don’t have any bad health conditions yet* |  |
| **Cons** for keeping things as they are:  *I show signs of pre-diabetes (sweet craving, more skin tags, I’m 30 lbs more than my high school weight, doctor would like me to lose 20 lbs)* |  |

Then #2

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| --- | --- |
| Pros for keeping things as they are: | **Cons** for making the change:  *I’m still not sure I can do this, I don’t feel very successful. I’d have to stop snacking on food after dinner. I’d have to actually get on the stationary bike more often. I’d feel foolish if I try my best and even then don’t succeed* |
| Cons for keeping things as they are: | **Pros** for making the change:  *I would get into alignment with who I say and think I am, (feel like less of a hypocrite). Feel proud of my appearance, happy with the ways clothes fit. Proud that I can make healthful changes in my behavior whether or not they influence the scale. Demonstrate to myself that “I matter” I am worthy of investing time and effort and care.* |

Your blank worksheet is on the next page.

Decision Grid

The way it works:

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2. You itemize the cons and the pros for making the change you’re considering.

The Change I’m considering: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#1 #2

|  |  |
| --- | --- |
| **Pros** for keeping things as they are: | **Cons** for making the change: |
| **Cons** for keeping things as they are: | **Pros** for making the change: |