



Decisional Balance Matrix

This is a tool to help you reflect on the pros and cons of change. It can be change that is coming up for you or change you have made and need more reflection to process. Complete in order of the numbered sections. List as many items that come to mind.

Staying the Same

1. What are/were the benefits of staying the same.

Making the Change

2. What are/were my concerns of staying the same.

3. What are/were my concerns of making the change.

4. What are/were the benefits of making the change.

Feelings and thoughts that have come up for me when reflecting on this change are: