Decisional Balance – Weighing the Pros and Cons of Changing (or Not Changing) Behavior The change I'm thinking of making is: **PROS** How big a deal is it? CONS How big a deal is it? of staying the **SAME**: 1 = not such a big deal 10 = big deal! of staying the **SAME**: 1 = not such a big deal 10 = big deal! **STEP 1:** Consider staying the same CONS **PROS** How big a deal is it? How big a deal is it? of making a **CHANGE**: of making a **CHANGE**: 1 = not such a big deal 10 = big deal! 1 = not such a big deal 10 = big deal! STEP 2: Consider making the change **STEP 3:** Add **STFP 4:** Which number is bigger? If this number is bigger, If this number is bigger, **Compare** the balance is leaning towards the balance is leaning towards MAKING A CHANGE. STAYING THE SAME.



diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

This document reflects the 2018 Diabetes Canada Clinical Practice Guidelines © 2018 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 04/18