

Toolbox Handout 7: Pros & Cons



Self-Reflection: What are some unhelpful things you do, when sad, upset, overwhelmed, or angry?

All behavior has a function, pick an unhelpful thing from above, and describe what is helpful about it:

When should someone use Pros and Cons?:

Using an example of *Going to Bed on Time (resisting the urge)*, versus *Staying up to watch a new movie (acting on an urge)*, give an example of a Pro for Going to Bed on Time, and a Con for Staying Up and Watching a Movie:

	Pro	Con
Go to Bed on Time (resist urge)	<hr/> <hr/> <hr/>	
Watch Movie (act on urge)		<hr/> <hr/> <hr/>

How is your 'Pro' for Resisting the urge different than a 'Con' for Acting on the urge?

If your Pro and Con from above are really similar – restate your pros and cons in a way that emphasizes the difference in the consequence

How does re-stating the Pro and Con change your perception of acting on the urge or not?

----- At Home Practice: -----

Identify a behavior that you do often, that you would like to change.

Behavior to Change: _____

Complete the Pro and Con chart below regarding this behavior you want to change, and another behavior which you feel would be more helpful or effective:

	Pros	Cons
Old Behavior: _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
New Behavior: _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____

As you go through your week, find a time when you have an urge for your behavior, and try using your Pros and Cons to help resist the urge?

Did using the skills help?

- YES NO

If Yes, please describe how it helped:

If No, please describe why you believe it did not help:

