

Changing versus not changing

Fill in the **costs** and **benefits** of **changing** and of **not changing**. Compare them, and ask yourself are the costs worth it?

	CHANGING	NOT CHANGING
COSTS OF		
BENEFITS OF		

DECIDING WHETHER TO CHANGE EXAMPLE

	Changing	Not Changing
Benefits	Increased control over my life Support from family and friends Decreased job problems Improved health and finances	More relaxed More fun at parties Don't have to think about my problems
Costs	Increased stress/anxiety Feel more depressed Increased boredom Sleep problems	Disapproval from friends & family Money problems Damage close relationships Increased health risks

2

When deciding to change BENEFITS OF CHANGING need to outweigh COST OF REMAINING THE SAME