

Pros and Cons Analysis

Name: _____ Date: _____

Decision to be made: _____

Pros of doing this	Cons of doing this
TOTAL POINT VALUE:	TOTAL POINT VALUE:
Pros of not doing this	Cons of not doing this
TOTAL POINT VALUE:	TOTAL POINT VALUE:

Pros and Cons Analysis INSTRUCTIONS

When deciding on whether or not to use your Dialectical Behavior Therapy (DBT) skills, first think about all the pros of using the skills in question, and list as many as you can in the upper left square marked “Pros of doing this.”

Next, think of all the cons of using the skills in question, and list them in the upper right square marked “Cons of doing this.”

Go on to think of all of the pros of not using the skill, and list them in the lower left square marked “Pros of not doing this.”

Finally, in the lower right square marked “Cons of not doing this,” list all the cons of not using the skill.

Now go back over the list and score each item on each list from 1 to 10 as to how important each item is to you. For example, if you are using this worksheet to determine whether or not to use the *IMPROVE the Moment* skills of Distress Tolerance, you might have several items listed under the square marked “Cons of not doing this,” such as

- I will continue to be stressed out
- I might not be able to concentrate and focus
- I might become suicidal

There are three items on the list, but one of those, “I might become suicidal,” might be more important than the other two. In that case, you might want to assign it a higher score. Likewise, not being able to concentrate or focus might be less important to you than continuing to be stressed out. So, you might assign scores in the following manner:

- I will continue to be stressed out – 5 points
- I might not be able to concentrate and focus – 1 point
- I might become suicidal – 10 points

Now go through each item in each square, assigning point scores for each item listed.

Finally, add the total points in each square and write the total point value for each square in the space marked “TOTAL POINT VALUE” for each square.

When you have completed the worksheet, the high score “wins” and that is the correct decision to make for now. For example, if the “Cons of not doing this” column has the highest score, then that is an indication that you should probably use the skills. The same is true if the highest score is the “Pros of doing this” square.

Note also that some of your responses may change over time depending on your thoughts and mood at the time you complete the worksheet. The best results are obtained by doing a Pros and Cons Analysis on multiple occasions during multiple moods.

You may wish to keep all your Pros and Cons Analysis worksheet so you can track your progress over time.