Decisional Balance Scale

Example

Good things about drug use	Less good things about drug use
I don't have to deal with my issues I feel braver I feel less bored I feel part of a group It helps with my anxiety	I feel bad afterwards It causes a lot of fights with Mum I have no money My memory is affected I get into dangerous situation
Good things about changing	**Less good things about changing**
I will be more in control of my life My family will be happier with me I can buy other things I want I will feel less shame I could return to school	I will lose friends I may not cope with my anxiety I might get bored I could fail

Decisional Balance Scale

Name: _____ Date: _____

Good things about drug use	Less good things about drug use
Good things about changing	**Less good things about changing**