

DECISION BALANCE SHEET

Boxes A and B are about the benefits as well as the difficulties/risks of staying the same (by 'same' we mean your pre-MOB drinking levels).

Boxes C and D are about the benefits and the difficulties/risks of changing (whether change for you means staying stopped or cutting down post-MOB).

	What will be good? (Benefits/Gains)	What will be difficult? (Risks/Losses)
<p>Staying the same</p> <p>(drinking at my pre-MOB levels)</p>	<p>A.</p>	<p>B.</p>
<p>Changing</p> <p>(staying stopped, or cutting down and having days off alcohol)</p>	<p>C.</p>	<p>D.</p>

If you want to get even more precise with this - give each of the items in each box a value of 1-10 for how important it is to you. Then add up the total of each box.

Hopefully you will have more points in boxes B and C than you do in boxes A and D.