

EXPLORING CHANGE

GOOD THINGS ABOUT CHANGING MY USE		BAD THINGS ABOUT CHANGING MY USE	
REASON	IMPORTANCE	REASON	IMPORTANCE
Eg. I will have more money	Eg. 5/10	Eg. It will be hard to relax	Eg. 5/10
1.	/10	1.	/10
2.	/10	2.	/10
3.	/10	3.	/10
4.	/10	4.	/10

GOOD THINGS ABOUT <u>NOT</u> CHANGING MY USE		BAD THINGS ABOUT <u>NOT</u> CHANGING MY USE	
REASON	IMPORTANCE	REASON	IMPORTANCE
Eg. I will have more money	Eg. 5/10	Eg. It will be hard to relax	Eg. 5/10
1.	/10	1.	/10
2.	/10	2.	/10
3.	/10	3.	/10
4.	/10	4.	/10