

Jerry's Pros and Cons for Alcohol Use

PART I: IDENTIFYING THE PROS AND CONS

Pros for using (the good things about my drinking)	Cons for using (the not so good things about my drinking)
<i>It's a way to have fun with my friends.</i>	<i>I hate the hangover the next day!</i>
<i>It helps me not to think about mu problems.</i>	<i>It worries my children.</i>
<i>It helps me relax.</i>	<i>It's expensive.</i>
<i>It's like a reward for me.</i>	<i>My doctor says it isn't good for my health.</i>
Cons for Changing (the not-so-good things about changing my drinking)	Pros for Changing (the good things about changing my drinking)
<i>I will have to find new friends.</i>	<i>I would be healthier.</i>
<i>I might feel bored a lot of the time.</i>	<i>I could be a better parent and partner.</i>
<i>I won't have as much fun.</i>	<i>I would respect myself more.</i>
<i>I will need to find another way to manage my frustration.</i>	<i>I could accomplish some real goals.</i>

PART II: ASSIGNING IMPORTANCE TO JERRY'S PROS AND CONS

How important is each item to you in making a decision about your substance use? (Put a rating next to each item.)

1 = slightly important 2 = moderately important 3 = very important 4 = extremely important

Pros for Using (the good things about my drinking)	Cons for Using (the not so good things about my drinking)
<i>2 It's a way to have fun with my friends.</i>	<i>1 I hate the hangover the next day.</i>
<i>4 It helps me not to think about mu problems.</i>	<i>3 It worries my children.</i>
<i>2 It helps me relax.</i>	<i>4 It's expensive.</i>
<i>2 It's like a reward for me.</i>	<i>4 My doctor says it isn't good for my health.</i>
Cons for Changing (the not so good things about changing my drinking)	Pros for Changing (the good things about changing my drinking)
<i>2 I will have to find new friends.</i>	<i>4 I would be healthier.</i>
<i>1 I might feel bored a lot of the time.</i>	<i>3 I could be a better parent and partner.</i>
<i>3 I won't have as much fun.</i>	<i>4 I would respect myself more.</i>
<i>4 I will need to find another way to manage my frustration.</i>	<i>3 I could accomplish some real goals.</i>

My Pros and Cons for Substance Use

PART I: IDENTIFYING THE PROS AND CONS

Pros for using (the good things about my drinking)	Cons for using (the not so good things about my drinking)
Cons for Changing (the not-so-good things about changing my drinking)	Pros for Changing (the good things about changing my drinking)

PART II: ASSIGNING IMPORTANCE TO JERRY'S PROS AND CONS

How important is each item to you in making a decision about your substance use? (Put a rating next to each item.)

1 = slightly important 2 = moderately important 3 = very important 4 = extremely important

PART III: MAKING SENSE OF THE "BALANCE" OF YOUR PROS AND CONS

Overall, how important are your reasons for changing and how important have you rated reasons for not changing? Does it look like you value changing more than you value staying the same? Are your reasons for change strong enough to support your decision to change, or are you still ambivalent and not ready to make a decision? If you have overcome your ambivalence, you might want to consider making or sustaining your decision to move forward toward planning and preparing for change. On the other hand, if you feel that your reasons for not changing have more value to you than your reasons for changing, you might want to explore a bit more what keeps you ambivalent and perhaps reexamine your values and goals as you think about what seems best for you to do about substance use in your life right now.

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What Hats Do I Wear?



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