

Pros and cons of behaviour

We all have reasons for doing things that can be unhelpful for us. Sometimes they can make things worse for us but it can be difficult to look at why. Writing down the reasons for and against something can help us look at how it's affecting us and can help us decide whether we want to make any changes.

The behaviour might be lack of exercise, poor diet, smoking, drinking a lot of alcohol or something else. Fill in as many reasons as you can for and against (you don't have to fill them all if you don't have enough reasons).

Behaviour: _____

What are my reasons for doing it?	What are my reasons against doing it?
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10