

When faced with a decision, it can be helpful to look at the costs and benefits. We often only look at the “pros” and “cons” of one choice, such as, whether or not to sell your house or not. While this can be partially helpful, we’ve found it can be even more helpful to widen our perspective to help mitigate any emotional investment, increase our own objectivity, and offer us a fuller picture of the choice to be made. Using the following DBT tool can lead us to a more satisfying and well thought out decision.<sup>1</sup>

<p style="text-align: center;"><b>Option 1: Good things about</b></p> <p style="text-align: center;">_____</p>	<p style="text-align: center;"><b>Option 2: Not so good things about</b></p> <p style="text-align: center;">_____</p>
<p style="text-align: center;"><b>Option 2: Not so Good things about</b></p> <p style="text-align: center;">_____</p>	<p style="text-align: center;"><b>Option 1: Good things about</b></p> <p style="text-align: center;">_____</p>

<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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<sup>1</sup> Linehan, Marsha M. DBT Skills Training Handouts and Worksheets, 2<sup>nd</sup> Ed. 2015.