



Balanced Decision Making

When people weigh decisions, they look at the costs and benefits of the choices they can make. When we are emotionally invested in our decisions and the possible results, we may have a difficult time evaluating the situation objectively. When we only think of the “pros and cons” of a situation, we miss out on certain components that may impact our perspective. We can have mixed emotions because of what we’ve identified as the pros and cons, so widening our perspective can help. Seeing the full array of costs and benefits can make it easier to decide. The following exercise is a DBT Skill specifically for Mindfulness using Wise Mind to support decision making.¹

Option 1: Good things about <hr/>	Option 2: Good things about <hr/>
Option 2: Not so Good things about <hr/>	Option 1: Not so Good things about <hr/>

¹ Linehan, Marsha M. DBT Skills Training Handouts and Worksheets, 2nd Ed. 2015.