



Pros and Cons



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Make a *Pros and Cons* list to help you make a choice or decision.

Follow these steps:

1. Draw a T-chart with two columns. Label one side Pros and the other Cons.
2. List the upsides of a certain choice in the Pros column, and the downsides in the Cons column.
3. Use this list to help you make your decision.

WHY TO TRY:

Sometimes making decisions can feel overwhelming. Making a list can help make a tough decision easier, and help you meet your goals.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

