

Exercise: Decisional Balance Worksheet (Contemplation Stage)

This exercise is designed to help you pause and weigh both sides. Sometimes we keep old patterns not because we like them, but because they’re familiar, easy, or emotionally protective. This tool helps you and your partner make those reasons visible, so that any change you commit to comes from insight, not pressure.

Fill out the chart together or individually. Then reflect on what stands out.

Pros of Keeping Current Habits	Cons of Keeping Current Habits
e.g., Easy to unwind quickly	e.g., Less present with each other
Comfortable routine, no effort needed	Fewer meaningful conversations
Always entertained or distracted	Harder to notice emotional cues
Get to decompress solo	Miss chances for physical affection
Feel “caught up” on news or socials	More likely to ignore bids for attention

Pros of Changing Our Habits	Cons of Changing Our Habits
e.g., More time for connection	e.g., Might feel bored at first
Better sleep or rest	Could trigger resistance or defensiveness
More eye contact and touch	Harder to set boundaries with work or friends
Feel more emotionally “seen”	Takes effort and consistency
Set a good example for kids	May surface uncomfortable emotions

Reflection:

- Are there any “cons” of your current habits that you tend to minimize or justify?

- Which “pro” of changing habits feels most motivating? _____

- Which one change could you start this week? _____
