

▼

Payoff Matrix

Instructions: Identify a behavior that you are considering changing (such as “using substances” or “not taking medication”) and an alternative to that behavior (such as “not using substances” or “taking medication”). Write these behaviors on the lines below. Then list the pros and cons (advantages and disadvantages) of each.

Behavior I’m considering changing: _____

Alternative behavior: _____

	Behavior	Alternative Behavior
Pros (advantages)	Good things about the behavior	Good things about the alternative behavior
Cons (disadvantages)	Bad things about the behavior	Bad things about the alternative behavior