

### **Deciding Whether To Change**

When deciding to change the benefit of changing needs to outweigh the cost of remaining the same.

Fill in the benefit and cost of changing and not changing below.

	<b>Changing</b>	<b>Not Changing</b>
<b>Cost</b>		
<b>Benefit</b>		

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*Changing vs Not Changing Example:*

	<b>Changing</b>	<b>Not Changing</b>
<b>Cost</b>	Increased stress and anxiety Feel more depressed Increased boredom Sleep problems	Disapproval from friends and family Money problems Damage close relationships Increased health risks
<b>Benefit</b>	Increased control over my life Support from family and friends Decreased job problems Improved health and finances	More time to relax in spare time More fun when socialising Don't have to think about my problems