Using a Pros and Cons list is a great way to give yourself a visual of your thoughts and a way to challenge your assumptions. Pros and Cons lists are one of the first bits of DBT I teach clients to get them in the habit of thinking through issues and decisions and help them practice “and” thinking. View the example below and then do your own on the worksheet provided.

Example:

|  |  |
| --- | --- |
| Pros of washing my car | Cons of washing my car |
| It will be clean  I will feel better about it  People might look at it | It’s a lot of work |
| Pros of letting the rain do it | Cons of letting the rain do it |
|  |  |

Use this worksheet any time you are trying to decide between two things.

|  |  |
| --- | --- |
| Pros of | Cons of |
|  |  |
| Pros of | Cons of |
|  |  |