

# Change Process Balance Sheet

<p><b>List the negative consequences of experiencing your current problem.</b> Think about the difficulties that you are currently experiencing. For example, perhaps you are not spending time with your friends because you feel so depressed.</p>	<p><b>List the positive aspects of experiencing your current problem.</b> There are positives and negatives about almost every situation. For example, perhaps feeling depressed means that you aren't expected to see family members who you haven't been getting along with.</p>
<p><b>List the personal benefits that you expect if you change yourself.</b> Think about the general goal that you have set and how you will change in order to achieve them. For example, perhaps you will be able to get out of the house if you can manage your anxiety better.</p>	<p><b>List the personal costs that you expect if you change yourself.</b> What do you think you'll need to give up in order to change? There are costs and benefits to almost all types of change. For example, perhaps you'll be expected to do things differently and get out of your comfort zone. This means you might need to give up feeling comfortable sometimes.</p>