



Exercise: The benefits and drawbacks of change

Goal

You will learn to evaluate your current activities and thinking, and the benefits of change.

Instructions

Choose a suitable topic from your life and title it, for example "The benefits and drawbacks of exercise when I'm feeling down".

Write down the drawbacks of change and its benefits.

In this exercise, both the way of thinking and your activities are evaluated.

Evaluate your current activities and the worth of change

Benefits of my current way of acting +	Drawbacks of my current way of acting -
Benefits of the alternative way of acting +	Drawbacks of the alternative way of acting -