

Decisional Balance Exercise

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handout(s):

Weighing Your Options

Suggested Format for Discussion:

- Write "Should I or Shouldn't I?" on the board or flip chart.
- Briefly explain the concept of making a decision based upon "weighing" the "pros" against the "cons".
- Ask the participants to describe some of the "pros" of losing weight, and write them on one side of the board. Ask them also to assign a 1-10 "goodness" value (to them) to each item
- Ask the participants to describe some of the "cons" of losing weight, and write them on the other side of the board. Ask them to assign a 1-10 "hardship" value to each item.
- Pass out the *MOVE!* "Weighing Your Options" handout, and ask participants to begin working on it now.
- When completed, ask participants to discuss what they have learned from doing this exercise.
- Suggest that participants do this exercise at home on their own time periodically, or when feeling the need to reinforce their motivation to continue with weight control.

