

Decisional Balance

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| 1. What are your goals right now? |
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| 2. How confident do you feel about achieving these goals? |
| Not at all Very  confident 1 2 3 4 5 6 7 8 9 10 confident |

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| 3. How important is it for you to achieve these goals? |
| Not at all Very  important 1 2 3 4 5 6 7 8 9 10 important |

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| Good things about using | Bad things about using |
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| Good things of NOT using | Bad things of NOT using |
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| Things that will help achieve my goals | Obstacles to achieving my goals |
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