

# GENERAL WORKSHEET 1

(General Handout 1)

## Pros and Cons of Using Skills

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Use this worksheet to figure out the advantages and disadvantages to you of using skills (i.e., acting skillfully) to reach your goals. The idea here is to figure out what is the most effective way for you to get what you want in life. Remember, this is about your goals, not someone else's goals.

**Describe the situation or problem:**

**Describe your goal in this situation:**

Make a list of the Pros and Cons of practicing your skills in this situation.

Make another list of the Pros and Cons for not practicing your skills or of not practicing them completely.

Check the facts to be sure that you are correct in your assessment of advantages and disadvantages.

Write on the back if you need more space.

<b>PROS</b>	<b>Practicing Skills</b>	<b>Not Practicing Skills</b>
	_____	_____
	_____	_____
	_____	_____
<b>CONS</b>	<b>Practicing Skills</b>	<b>Not Practicing Skills</b>
	_____	_____
	_____	_____
	_____	_____

**What did you decide to do in this situation?** \_\_\_\_\_

**Is this the best decision (in Wise Mind)?** \_\_\_\_\_