GENERAL WORKSHEET 1

(General Handout 1)

Pros and Cons of Using Skills

Due D	ate: N	Name:	Week Star	ting:
skillfull	ly) to reach your goals	Γhe idea here is t	and disadvantages to you of using sloping figure out what is the most effective out your goals, not someone else's go	e way for you to
Desc	ribe the situation or p	oblem:		
Desc	ribe your goal in this s	situation:		
Make	a list of the Pros and Co	ns of practicing y	our skills in this situation.	
Make a		and Cons for not	racticing your skills or of not practici	ng them
	the facts to be sure tha	t you are correct	n your assessment of advantages ar	nd
Write	on the back if you need	more space.		
	Practicing Skills		Not Practicing Skills	
PROS			_	
			_	
	Practicing Skills		Not Practicing Skills	
CONS			_	
Ö			_	
			_	
What	did you decide to do i	1 this situation?		
Is this	the best decision (in	Wise Mind)?		

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