

## VALUE BASED DECISIONS WORKSHEET

This technique is designed to help with making good decisions that are aligned with our stated values regarding impulsive behaviors such as drinking, using drugs, unhealthy eating, aggressive behavior, risky sexual behavior, etc.

If I choose to \_\_\_\_\_ name the behavior

	List the Benefits	List the Costs	Value 0 (none) - 10 (high)
<b>In 5 minutes</b>			Benefit Value =  Cost Value=
<b>In 1 hour</b>			Benefit Value =  Cost Value=
<b>In 6 hours</b>			Benefit Value =  Cost Value=
<b>In 1 day</b>			Benefit Value =  Cost Value=
<b>In 1 week</b>			Benefit Value =  Cost Value=
<b>In 1 month</b>			Benefit Value =  Cost Value=
<b>In 1 year</b>			Benefit Value =  Cost Value=

If I choose **not** to: \_\_\_\_\_ name the behavior

	List the Benefits	List the Costs	Value 0 (none) - 10 (high)
<b>In 5 minutes</b>			Benefit Value =  Cost Value=
<b>In 1 hour</b>			Benefit Value =  Cost Value=
<b>In 6 hours</b>			Benefit Value =  Cost Value=
<b>In 1 day</b>			Benefit Value =  Cost Value=
<b>In 1 week</b>			Benefit Value =  Cost Value=
<b>In 1 month</b>			Benefit Value =  Cost Value=
<b>In 1 year</b>			Benefit Value =  Cost Value=

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# SAMPLE WORKSHEET

If I choose to: \_\_\_\_\_ drink until I get drunk \_\_\_\_\_ (name the behavior)

	List the Benefits	List the Costs	Value 0 (none) - 10 (high)
<b>In 5 minutes</b>	Relaxed Acceptance by Peers Taste	None	Benefit Value = 8  Cost Value = 0
<b>In 1 hour</b>	Having a good time Forget about problems	Impaired decision making abilities	Benefit Value = 8  Cost Value = 5
<b>In 6 hours</b>	Little to None	Could put self and others at risk Nauseous/vomiting Impaired sleep	Benefit Value = 1  Cost Value = 8
<b>In 1 day</b>	Brag about it to friends	Hangover Skipped class, bad practice Prevents recovery from workout Second hand effect on others	Benefit Value = 1  Cost Value = 8
<b>In 1 week</b>	None	Decrease physical and mental acuity ⇒ Decrease in performance in school and sport. Get out of routine and behind in things	Benefit Value = 0  Cost Value = 9
<b>In 1 month</b>	None	Heal slower Still making up for lost time	Benefit Value = 0  Cost Value = 9
<b>In 1 year</b>	None	Possible DUI on record Possible Suspension/Dismissal from team	Benefit Value = 0  Cost Value = 10

**Total B = 18 C = 49**

If I choose **not** to \_\_\_\_\_ drink until I get drunk \_\_\_\_\_

	List the Benefits	List the Costs	Value 0 (none) - 10 (high)
<b>In 5 minutes</b>	Pride Self Control	Teased by peers Insecure; More self conscious	Benefit Value = 4  Cost Value = 8
<b>In 1 hour</b>	In control	Not fitting in with group Bored Alienation or "attitude" from peers	Benefit Value = 5  Cost Value = 8
<b>In 6 hours</b>	Clear head Sound mind Able to drive	Little – party is pretty much over	Benefit Value = 8  Cost Value = 2
<b>In 1 day</b>	Good nights sleep, well rested Productive academically and athletically More focus	0	Benefit Value = 9  Cost Value = 0
<b>In 1 week</b>	Keep routine Maintain training and study schedule	0	Benefit Value = 9  Cost Value = 0
<b>In 1 month</b>	Don't have to play catch up Consistent optimal performance More energy	0	Benefit Value = 9  Cost Value = 0
<b>In 1 year</b>	No regrets	0	Benefit Value = 9  Cost Value = 0

**Total B = 53 C = 18**

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