

Motivation Study. => Does Your Mind Really Want Change?

	Advantages (Pros)	Disadvantages (Cons)
Stay Unwell (With big Dilemmas) =>		
Get Well (With less Dilemmas) =>		

In the top squares make notes about the advantages and disadvantages of staying mentally unwell.

In the bottom squares make notes about the advantages and disadvantages of CHANGE, getting well and overcoming dilemma.

Then discuss with your psychologist or family or friends to consider if you are ready for change, and if so, what help will you need?

(you will need some combination of soft and tough love 😊).