

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)
In 5 minutes			Benefit Value = Cost Value=
In 1 hour			Benefit Value = Cost Value=
In 6 hours			Benefit Value = Cost Value=
In 1 day			Benefit Value = Cost Value=
In 1 week			Benefit Value = Cost Value=
In 1 month			Benefit Value = Cost Value=
In 1 year			Benefit Value = Cost Value=

If I choose **not** to: _____ name the behavior

	List the Benefits	List the Costs	Value 0 (none) - 10 (high)
In 5 minutes			Benefit Value = Cost Value=
In 1 hour			Benefit Value = Cost Value=
In 6 hours			Benefit Value = Cost Value=
In 1 day			Benefit Value = Cost Value=
In 1 week			Benefit Value = Cost Value=
In 1 month			Benefit Value = Cost Value=
In 1 year			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)
In 5 minutes	Relaxed Acceptance by Peers Taste	None	Benefit Value = 8 Cost Value = 0
In 1 hour	Having a good time Forget about problems	Impaired decision making abilities	Benefit Value = 8 Cost Value = 5
In 6 hours	Little to None	Could put self and others at risk Nauseous/vomiting Impaired sleep	Benefit Value = 1 Cost Value = 8
In 1 day	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
In 1 week	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
In 1 month	None	Heal slower Still making up for lost time	Benefit Value = 0 Cost Value = 9
In 1 year	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)
In 5 minutes	Pride Self Control	Teased by peers Insecure; More self conscious	Benefit Value = 4 Cost Value = 8
In 1 hour	In control	Not fitting in with group Bored Alienation or "attitude" from peers	Benefit Value = 5 Cost Value = 8
In 6 hours	Clear head Sound mind Able to drive	Little – party is pretty much over	Benefit Value = 8 Cost Value = 2
In 1 day	Good nights sleep, well rested Productive academically and athletically More focus	0	Benefit Value = 9 Cost Value = 0
In 1 week	Keep routine Maintain training and study schedule	0	Benefit Value = 9 Cost Value = 0
In 1 month	Don't have to play catch up Consistent optimal performance More energy	0	Benefit Value = 9 Cost Value = 0
In 1 year	No regrets	0	Benefit Value = 9 Cost Value = 0

Total B = 53 C = 18

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