

THE DECISIONAL BALANCE

To help you weigh your gains
against your losses



WHAT YOU THINK YOU'LL GAIN

Power: control, strength, a sense of superiority

Relief: letting it out, releasing the anger

Status: respect, authority

Security: for yourself, or the people you care about

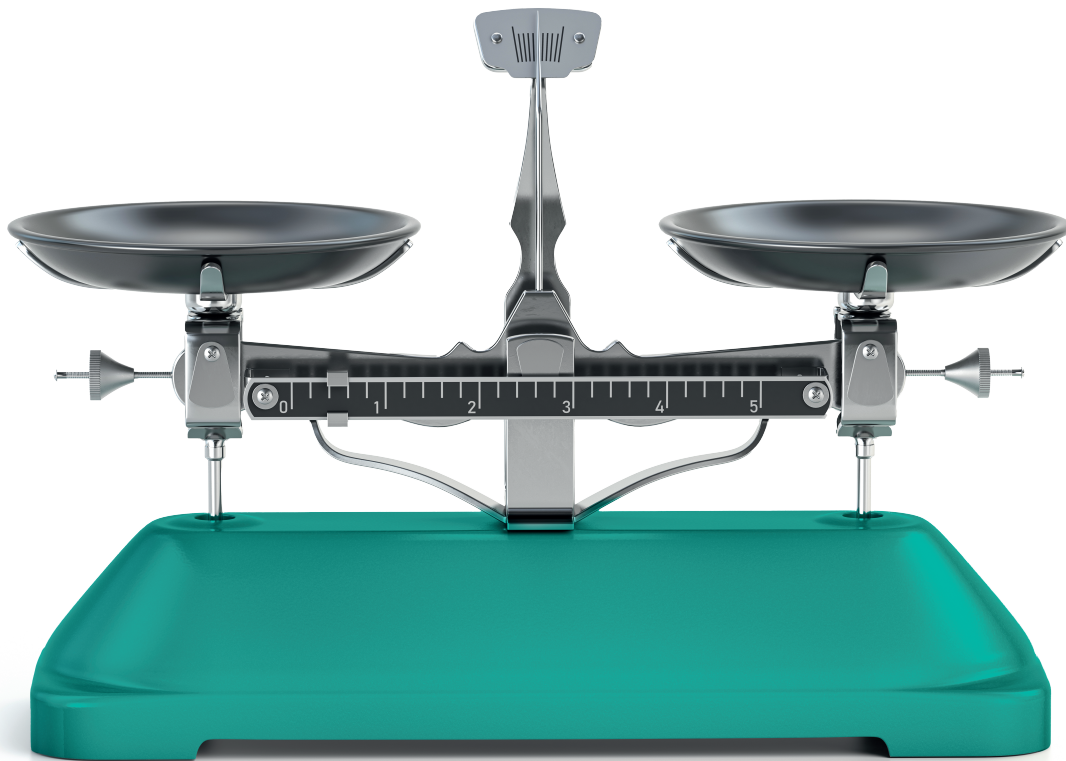
WHAT YOU RISK LOSING

Your relationships: your family, your friends, your loved ones, your children

The trust of the people around you

Your job, your financial stability

Your freedom, your independence



Before you act, ask yourself

Are there more losses than gains?

Am I trying to resolve the situation in a healthy way, or trying to gain power over the other person?

Break the cycle, not everything else.

What will your next choice be?
450-692-7313