

## Decision Matrix Instructions

The purpose of the Decision Matrix is to help us understand the decision making process behind our behaviors.

You will see that there are 8 blocks that are numbered.

Begin by asking what would be the immediate positive consequences if I engage in the behavior.

List these immediate positive consequences in Block 1.

Rate each of the immediate positive consequences in Block 1 on a scale of 1 to 10, with 10 meaning that it is a very important to immediate positive consequence... Put the number right after the consequence.

Add the numbers up for Block 1 and put the number in bottom left corner of the block.

Now ask yourself what would be the immediate negative consequence if I engage in the behavior.

List the negative consequences in Block 2.

Rate each of the immediate negative consequences in Block 2 on a scale of 1 to 10, with 10 meaning that it is a very important consequence.

Complete each box in the same manner but know that boxes 3, 4, 7 and 8 are the delayed consequences of the behavior. Delayed consequences are those that continue hours, days, months after the behavior.

Pay attention that in boxes 5, 6, 7, and 8 you are asking yourself what if I choose not to do the behavior. What would be positive about this decision and what would I miss out on if I didn't do the behavior?

When done, add the totals of boxes 1, 3, 6 and 8 and totals of boxes 2, 4, 5, and 7. Based on my score, should I engage in the behavior or not?