

# Pros and Cons of Change

Use this handout in conversation with your dietitian.

Changing behaviors can be difficult and takes time. There are always pros and cons to both changing and not changing. Use the table below to explore the reasons you may or may not want to change any given behavior.

Behavior: \_\_\_\_\_

	Keeping the behavior	Changing the behavior
Pros		
Cons		

[illegible]