

# Pluses & Minuses

When you have a tough decision to make, complete this chart. It can help you decide what to do.

When you're done, show this worksheet to someone you trust, who loves you, to help with your decision.

CHOICE 1: \_\_\_\_\_

CHOICE 2: \_\_\_\_\_

*Pluses of Choice 1*

*Pluses of Choice 2*

*Minuses of Choice 1*

*Minuses of Choice 2*

*Pluses of NOT doing Choice 1*

*Pluses of NOT doing Choice 2*

*Minuses of NOT doing Choice 1*

*Minuses of NOT doing Choice 2*



[www.theplumtree.net](http://www.theplumtree.net)

630.549.6245

© Copyright Plum Tree - Child & Adolescent Psychology | 2011. All rights reserved.