

## Decisional Balance Worksheet



**Good** things about  
my current behavior:



**Good** things about  
changing my behavior:

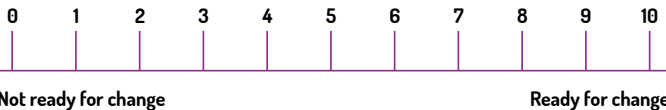


**Not so good** things about  
my current behavior:



**Not so good** things about  
changing my behavior:

## Readiness Ruler



Linking family planning  
and behavioral health  
providers to improve  
quality of care