DBT-MIND · FREE PRINTABLE

Pros and Cons Worksheet

Four boxes for one urge that keeps coming back. Write it while you are calm. Read it when the urge is loud.

DISTRESS TOLERANCE · FILL IN WHILE YOU ARE CALM

The urge (the exact action, for example "send the email tonight")

My four boxes (be honest in every box, also in the top left one)

	Pros	Cons
Acting on the urge I do it.	What would it give me?	What would it cost me?
Resisting the urge I get through it without doing it.	What do I gain or keep?	What is hard about it?

Mark each line: (S) short-term (minutes or hours) (L) long-term (weeks or longer). Then circle the one or two lines that matter most for the life you want.

The lines I read first (copy your circled lines here)

What I will do instead (one skill or one small action)

Where I keep this sheet (wallet, fridge, a photo on my phone)

Read it, do not rewrite it. When the urge is high, take out this sheet and read it again. Add new lines later, when you are calm. Pros and cons is a DBT skill (Linehan, 2015). The wording and layout of this sheet are our own.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/dbt-pros-and-cons

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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