

HANDOUT 3-C

THE PROS AND CONS OF CHANGE

In the spaces below list the advantages and disadvantages of seeking therapy to overcome your anxiety problems. To help you get started, some common reasons are listed. Mark the ones that are relevant to you and add any others that come to your mind. Your therapist can help you with this.

Reasons to seek therapy:

- It might work.
- I want a better life.
- My family will be proud.
- I'm sick of the way things are.
- I'm missing out on things I want to do.
- I'm tired of suffering so much.

List some more reasons below:

Reasons not to seek therapy:

- It might not work.
- It will make me feel anxious.
- It will cost time and money.
- I'm comfortable the way I am.
- It's not really so bad.
- I don't want to do the work.

List some more reasons below: