

# Payoff Matrix Worksheet



	Keep the Thought	Change the Thought
<b>Advantages (Pros)</b>	<p>In what ways does <b>holding on</b> to your thought make your life seem more manageable, safer, or easier to handle? Does the thought provide you with a sense of control, security, or predictability?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How could <b>changing</b> your thought improve your life? Consider whether changing your thought would reduce negative feelings and free you up from concerns about past events.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>Disadvantages (Cons)</b>	<p>In what ways does <b>holding on</b> to your thought make your life more difficult? Consider the effects of the thought on negative feelings that prevent you from doing things you would like to do.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>What are the possible disadvantages or costs of <b>changing</b> your thought? Would changing the thought lead to your feeling less control, security, or predictability?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>