



EXERCISE: Pros and Cons-List

A Pros and Cons-list can be very useful if we want to weigh up the advantages and disadvantages of a particular decision when we have different options. Many of our choices are made out of habit, but just bringing these selections to a conscious level can enable evaluation, analysis, and self-reflection that can be used to improve these and other decisions. A Pros and Cons-list is particularly suited for decisions that have two options like yes or no, do or don't.

Think about a decision you have to make in the near future and take 15 minutes to make a Pros and Cons-list.

1. Write down the aspects that speak for this decision (pros) and those that speak against it (cons) in one column each.
2. Write down as many aspects as you can think of.
3. When you are done, add a weighting to each item with a score of 5 for something of major significance and 1 for minor significance.
4. Compare the total score between columns.

When you have completed your list, give some thought to the following questions:

- Is the result what you expected? Why (not?)
- What thoughts do you now have about the decision you are considering? Does the result change anything?
- What will you do next?

