Decision to Change: Assessing the Costs and Benefits of Change

Successful weight-loss surgery requires some changes in behavior for most people. This worksheet helps take you through the pros and cons of making such changes.

1. Start by recording a behavior you would like to change.

   Behavior to change: _____

2. What **benefits** will you reap by making this change? Write down the benefits for making the change you identified. (*Examples include reduced anxiety about life after surgery; surgery will go better; more confidence in my ability to sustain the behavior after weight-loss surgery; resumed weight loss.*)

   _____
   _____
   _____
   _____
   _____
   _____

3. Next, what are the **costs** associated with making this behavior change? Write down the costs for making the change you identified. (*Examples include time spent to weigh and measure food; time spent to plan diet; don't get to indulge in ice cream or other treats as much as I want.*)

   _____
   _____
   _____
   _____
   _____
   _____

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Tips for Identifying Your Costs and Benefits

When doing your cost-benefit analysis, consider the following:

- How will changing this behavior affect your situation or your life?
- How will it affect others (friends, coworkers, family)?

Review the following lists for possible costs and benefits of behaviors related to weight-loss surgery.

Exercise

Possible benefits of exercise:

- Stress reduction
- Decreased boredom and depression
- Improving my family's health by making exercise a family activity
- Being a role model for my friends and family
- Increased self-esteem
- Increased socialization by participating in group activities

Possible costs of exercising:

- Money to join a gym
- Less time to do what I want
- Boredom
- Embarrassment

Diet and Eating Habits

Possible benefits of a better diet and better eating habits:

- Weight loss (or at least no weight gain)
- More energy after a healthy lunch
- Improved blood glucose (sugar) control
- Less constipation or diarrhea

Possible benefits of *not* changing diet or eating habits:

- No conflict with other people about what to have for dinner
- Eating and drinking my favorite foods and beverages
- Don't have to take time to plan meals and snacks
- Maintaining my status as a "great cook"

Are the costs of making a change worth it? Use the following Cost-Benefit Analysis worksheet to weigh your personal pros and cons of taking action. Complete *each* section of each worksheet to clarify your thoughts and feelings.

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Sample Cost-Benefit Analysis

Proposed Behavior Change: Losing Weight

Benefits

Not Changing Behavior	Changing Behavior
I can continue to eat chips and drink beer. I don't have to think about what I eat. I won't have to talk to my spouse about changing our shopping habits.	Surgery will go better. More confidence in my ability to implement behaviors after surgery. Improved blood sugar.

Costs

Not Changing Behavior	Changing Behavior
My surgery risk is higher if I don't lose weight. I will be totally unprepared for surgery.	I can't eat whatever I want. I will have to weigh and measure my food. If I quit bringing doughnuts to work (which I always eat), I won't be as well liked by my coworkers.

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Cost-Benefit Analysis Worksheet

Proposed Behavior Change: _____

Benefits

Not Changing Behavior	Changing Behavior

Costs

Not Changing Behavior	Changing Behavior

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