

Pros and Cons

Some decisions are about deciding between 2 things, *one post or another, Yes or No* to continue in the NHS. There are often many arguments on both sides of the choice and they can be going round and round in your head. The following exercise can help getting clarity about the way a decision will go.

Write clearly what the different options are. i.e.: I will apply for GP training - I will not apply for GP training. On first side you list a minimum of 10 reasons why you would choose to do the training. On the second side you list all the reasons why you would not do GP training.

Note how easy or difficult it is to come up with different reasons! What does that tell you? Do you favour one option more than the other?

e.g. Reasons <u>for</u> applying for CMT	score	e.g. Reasons <u>against</u> applying for CMT	score
Total score		Total score	

- Make sure that the number of reasons on each side are the same.
- Now ask the following question:

***'If this was the only reason for/against this choice would I do it?'
(would it be a deciding factor, game changer?)***

- Rate each PRO reason against this question with 1 = Yes and 0 = No. Conversely, rate each CON reason against this question with 0 = Yes and 1 = No
- Add the total scores on each side and see how they compare.
- Does this answer your question?
- How do you feel when you get the result, are you pleased or not, is this what you secretly hoped for?

You can keep adding new reasons to your lists and allow yourself to make changes in the scoring. It may also help to talk your list through with someone else and ask them if there are any reasons you have overlooked so far.

- What does it mean to you if the scores come out very similar, are the options really so close for you?