Pros and Cons at the Choice Point - Concept brief

Understand the idea behind pros and cons at the choice point and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor wants to abandon a difficult task and considers a brief support break.

The idea

Comparing options can include immediate and delayed consequences.

An ordinary example

Taylor wants to abandon a difficult task and considers a brief support break.

What this can look like

Create a four-part comparison of acting on an urge or using an alternative, without shaming the urge.

Check the fit

Which consequence matters most at this choice point? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

Reflection

Which consequence matters most at this choice point?

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A09-1