	PROS	**CONS**
WORKING	1	2
NOT WORKING	3	4

Instructions:

I am a big believer that all human behaviors are reinforced by different variables (pros or benefits of the behavior), whether we are aware of them or not. There are also disincentives, cons, or drawbacks to behaviors. Employment is no exception. If someone is working, then there are variables that reinforce that behavior (pros), and there are probably cons (drawbacks) to the behavior. The same applies for not working.

1) In Box 1, make a list of all the pros (benefits) of working. Make sure this list includes your benefits, not someone else's. Examples: More money, sense of purpose, socialization, benefits, accomplishment, etc..
2) In Box 2, make a list of all the cons (drawbacks) of working. Example: Having to get up early, less time for leisure activities, risk of losing disability benefits, stress/feeling overwhelmed, etc.).
3) In Box 3, make a list of all the pros of not working. Examples: More time for hobbies, less work, less stress, maintain disability benefits, etc..
4) In Box 4, make a list of all the cons (drawbacks) to not working. Examples: Less money/low income, pressure from family members or friends to get a job, feeling left out or isolated, etc.

After you have completed the 4 boxes, think about the different items you listed. Decide if the items in boxes 1 and 4 combined are bigger, more important, or heavier to you than the items in boxes 2 and 3 combined. One way to do this is to look at the scale below and write in which boxes seem to weight the most on the left, and which boxes seem to weight lest on the right:

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____ , ____