

# Pros & Cons



During a crisis, it can be difficult to tolerate distress, not act impulsively, and make rational choices. Making a pros and cons list can help us become more aware of our emotions and impulses and can help us make choices with positive long-term outcomes.

Situation: \_\_\_\_\_

Impulse: \_\_\_\_\_

	Pros	Cons
Acting on impulse		
Not acting on impulse		

Is my impulse action worth it? \_\_\_\_\_

How should I respond? \_\_\_\_\_

**Lived Experience Telephone Support Service**  
**1800 013 755**  
**[www.letss.org.au](http://www.letss.org.au)**