Balancing Complex Problems

For each complex or overwhelming decision, list the competing forces that make it complex. You can use these questions to better understand the items..

Pros

What do you like about it?
Why do you want it or want to do it?
What good does it do for you?
What do you hope for in it?
How does it make you feel good about yourself?
What would you miss if it was gone?

Cons

What do you dislike about it?
What keeps you from doing it?
How does it hurt you?
What does it take from you (e.g. energy, money)?
How has it disappointed you?
How does it make you feel bad about yourself?

Pros	Cons