

Pro&Con List

CRISIS URGE OR PROBLEM BEHAVIOR I AM TRYING TO STOP:

<p>ACTING ON CRISIS URGE</p>	<p>PROS</p>	<p>CONS</p>
<p>RESISTING CRISIS URGE</p>	<p>PROS</p>	<p>CONS</p>

MARK S = SHORT TERM (JUST FOR TODAY)

MARK L = LONG TERM (BEYOND TODAY)

ASK WISE MIND: WOULD YOU RATHER HAVE A GOOD DAY OR
MOMENT, OR A GOOD LIFE?