

**WORKSHEET**

**WEIGHING THE PROS AND CONS**



Use the space below to jot down pros and cons of each option for pain management you and your health team are considering. Take your time and make sure you understand the risks and benefits of each option. Some things you might choose to consider include:

- Effectiveness of the therapy—has it been well studied, what is the probability of success?
- Duration of treatment
- Short- and long-term side effects
- Impact on work or family life (level of commitment to certain therapy, whether it requires travel to and from treatment center)
- Costs, including whether the therapy is covered by your health plan
- Whether the therapy aligns with your personal values and priorities. In other words, does the treatment fit your lifestyle and do you feel comfortable with the therapy? Try to remain objective and don't let emotions play a role in your decision.

Treatment Option	Pros	Cons	Improves Personal Priority (Y/N)	Improves Work Priority (Y/N)	Improves Health Priority (Y/N)