

My reasons for diabetes self-care

This worksheet can help when you are thinking about whether to make changes to your diabetes self-care. Thinking through the pros and cons of both changing and not changing can help make sure you have considered all sides.

The change I am considering is:



	NOT CHANGING BEHAVIOUR	CHANGING BEHAVIOUR
PROS	<i>What positives could come from making no changes?</i>	<i>What positives could come from making changes?</i>
CONS	<i>What are the negatives if you make no changes?</i>	<i>What are the negatives if you make changes?</i>