UNSTUCK

Pros and Cons Worksheet

A classic list with one upgrade: each item gets a weight from 1 to 5, so a single deal-breaker is not outvoted by five small conveniences.

How to use this sheet

1. Write the choice you are weighing at the top of page 2 as a yes-or-no question.
2. List pros on the left and cons on the right. Do not edit while you list.
3. Give every item a weight: 1 means barely matters, 5 means decisive on its own.
4. Add up each column, then do the gut check at the bottom. The numbers inform the call. They do not make it.

Why weights matter

Plain pros and cons lists fail when the sides have different kinds of weight. Ten minor pros can outnumber one major con and still be the wrong call. Weighting forces you to say out loud which reasons are actually load-bearing.

The choice, as a yes or no question

Example: Do I take the new role?

What would I advise a friend in this exact spot?

Writing it as advice to someone else often cuts through the noise.

PLEASE READ: EDUCATIONAL USE ONLY

For educational and personal reflection use only. This worksheet is not therapy, counseling, medical advice, legal advice, diagnosis, or treatment, and using it does not create a clinician-patient relationship. It is a general template that may not fit your situation or your jurisdiction. You are responsible for checking the laws and requirements that apply where you live and for creating your own documents where needed. If you are struggling, please talk with a licensed clinician. In the United States, call or text 988 in a crisis, or call 911 in an emergency.

PROS	WEIGHT 1-5

TOTAL WEIGHT: _____

CONS	WEIGHT 1-5

TOTAL WEIGHT: _____

Gut check

Cover the totals. If someone told you the answer right now, would you feel relief or disappointment? Note which one, and which answer caused it.