









## Pros and cons

	<u>Time frame:</u> ~ 60-90 min										
	<u>Location:</u> indoors										
	<u>Participants:</u> single participants or small familiar groups										
	<u>Material:</u> prepared sheets with the table for the arguments										
	<p><u>Procedure:</u></p> <p>The participant gets a sheet that helps to collect arguments and consequences pro and contra an action or for different alternatives:</p> <table border="1" data-bbox="284 1010 1334 1339"> <thead> <tr> <th data-bbox="284 1010 778 1048"><b>PRO / alternative 1</b></th> <th data-bbox="778 1010 1334 1048"><b>CONTRA / alternative 2</b></th> </tr> </thead> <tbody> <tr> <td data-bbox="284 1048 778 1122">advantages: ...</td> <td data-bbox="778 1048 1334 1122">advantages:</td> </tr> <tr> <td data-bbox="284 1122 778 1196">disadvantages: ...</td> <td data-bbox="778 1122 1334 1196">disadvantages:</td> </tr> <tr> <td data-bbox="284 1196 778 1270">short-term consequences: ...</td> <td data-bbox="778 1196 1334 1270">short-term consequences:</td> </tr> <tr> <td data-bbox="284 1270 778 1344">long-term consequences ...</td> <td data-bbox="778 1270 1334 1344">long-term consequences</td> </tr> </tbody> </table> <p>Potential second step: The participant weights the different arguments by little points.</p> <p>If a group of participants is very familiar and all participants agree, the group can do the exercise together for one person or discuss the person's arguments later.</p>	<b>PRO / alternative 1</b>	<b>CONTRA / alternative 2</b>	advantages: ...	advantages:	disadvantages: ...	disadvantages:	short-term consequences: ...	short-term consequences:	long-term consequences ...	long-term consequences
<b>PRO / alternative 1</b>	<b>CONTRA / alternative 2</b>										
advantages: ...	advantages:										
disadvantages: ...	disadvantages:										
short-term consequences: ...	short-term consequences:										
long-term consequences ...	long-term consequences										
	<u>Goal / purpose:</u> collecting arguments; fix pros and cons; try to weight different aspects of a decision; come to a decision;										
	<u>Questions for discussion:</u> -										
	<u>Source:</u> According to Jugert, Rehder, Notz & Petermann (2006). <i>Fit for life. Module und Arbeitsblätter zum Training sozialer Kompetenz für Jugendliche</i> . Weinheim: Juventa.										