

## KEEPING THINGS AS THEY ARE

Pros	Agree	Cons	Agree
It might be easier than changing things		My life is limited by my worries	
I know what to expect		It is lonely	
My quality of life is fine		It is boring	
I feel safer this way		I am always anxious	
		My quality of life is not good	
		I feel low	
		The way things are puts me under a lot of stress	
		The way things are puts other people I care about under a lot of stress	