

The Pain/Gain Model of Action

	Pain	Gain
Current Situation	<p><b>1</b> - What is the pain or cost to remain in the current situation?</p>	<p><b>2</b> - How do you benefit from the current situation?</p>
Future Situation	<p><b>3</b> - What are the costs or pain of making the change?</p>	<p><b>4</b> - What are the benefits of making this change?</p>

\* Enter current situation and future scenario.  
 Next fill out 1->4, then 2->3