

Tool 3.2: Cost-benefit analysis

Write your benefits and costs in the boxes below.

The behavior I'm analyzing:

Today's date:

When I do this behavior

Benefits (rewards or advantages)

Costs (risks and disadvantages)

When I don't do this behavior

Benefits (rewards or advantages)

Costs (risks and disadvantages)

After you make your lists, star the long-term benefits and costs. Where are you sacrificing your future goals for immediate satisfaction in the present?