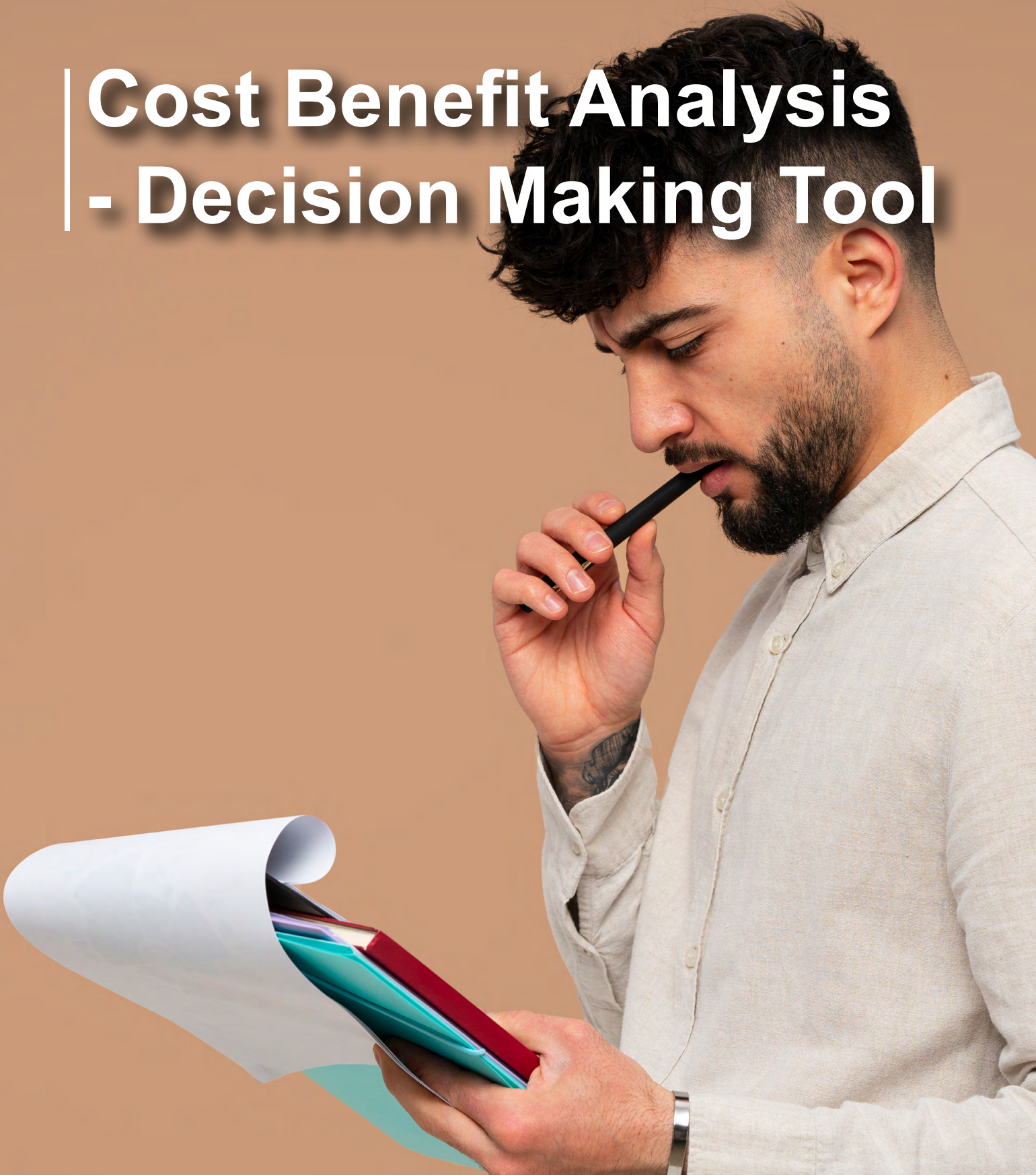


Cost Benefit Analysis - Decision Making Tool



**Mental Health
Fitness Alliance**

Example: Cost-Benefit Analysis

Risk Reward Rating (Decision Making) Worksheet

Decision I Want To Make: Abstaining from Alcohol & Drugs

Using / Doing (Mark Each Point As Either LT - Long Term, Or ST - Short Term)

COST - Risks and Disadvantages	Benefits - Rewards and Advantages
<ul style="list-style-type: none"> • Depression LT • Withdrawal LT • Debt LT • Hurting myself and loved ones LT • Creating a pattern your children could follow LT • Destruction of relationships LT • Shame LT • Isolation LT • Deadly risk while driving LT <p>As long as I drink/drug, the costs/risks are always LT long term</p>	<ul style="list-style-type: none"> • Stress relief ST • Anxiety relief ST • Soothing ST • Comforting ST • Relaxing ST • Gets me high ST • Feels good ST • Escape reality ST • Occasional fun ST • Breaks monotony of life ST • Social lubricant ST • Lowers inhibitions ST • Lets the vice grips off personality ST • Fills an emotional void ST • Sense of control ST • Feels like a warm, soft hug ST <p>As long as I drink/drug, the benefits/rewards are always ST short term</p>

NOT Using / Doing

COST - Risks and Disadvantages	Benefits - Rewards and Advantages
<ul style="list-style-type: none"> • Accountable for actions • Harder to get to know people & socialize • Learning to accept life on life's terms • FOMO fear of missing out • Having to learn how to solve problems • Having to deal with the impulsive need to have instant gratification • Having to make new friends • It's hard? • Living with boredom <p>As long as I don't drink/drug, the costs/risks are mostly ST short term because I can learn how to counteract and correct them!</p>	<ul style="list-style-type: none"> • NO MORE Depression • NO MORE Withdrawal • NO MORE Debt • NO MORE Hurting myself and loved ones • NO MORE Creating a pattern your children could follow • NO MORE Destruction of relationships • NO MORE Shame • NO MORE Isolation • NO MORE Deadly risk while driving <p>As long as I don't drink/drug, the benefits/rewards are always LT long term</p>



Cost-Benefit Analysis

Risk Reward Rating (Decision Making) Worksheet

Decision I Want To Make:

Date:

Using / Doing (Mark Each Point As Either Lt - Long Term, Or St - Short Term)

COST - Risks and Disadvantages	Benefits - Rewards and Advantages
<ul style="list-style-type: none">•••••••	<ul style="list-style-type: none">•••••••

NOT Using / Doing

COST - Risks and Disadvantages	Benefits - Rewards and Advantages
<ul style="list-style-type: none">•••••••	<ul style="list-style-type: none">•••••••





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Next Steps



Book a Call

For Better Mental Health



<https://calendly.com/mentalhealthfa>



Book a CBT Therapy Session



<https://tanyamacintyre-awaketherapy.youcanbookme.me>



Join Tanya on Insight Timer



<https://insighttimer.com/MindfulnessMentor>

