



Cost Benefit Analysis

You can use cost-benefit analysis to weigh the pros and cons of a decision. On the benefits side, list all the positive outcomes, both short-term and long-term. On the costs side, write down the potential downsides such as time, effort, and money. Be honest about the costs, even if they're hard to admit.

Decision or Problematic Behavior:	
Costs	Benefits
Alternative Option or Healthy Behavior:	
Costs	Benefits