

# COST-BENEFIT ANALYSIS

## Risk Reward Rating (Decision Weighing) Worksheet

Decision I want to make is:

Date:

**USING/DOING** (mark either LT-long term, or ST-short term after each one)

<b>COSTS - Risks and Disadvantages</b>	<b>BENEFITS - Rewards and Advantages</b>

**NOT USING / DOING**

<b>COSTS - Risks and Disadvantages</b>	<b>BENEFITS - Rewards and Advantages</b>



# EXAMPLE

## COST-BENEFIT ANALYSIS

### Risk Reward Rating (Decision Weighing) Worksheet

**Decision I want to make is:** Abstaining from Alcohol & Drugs

**Date:** Dec 2022

USING/DOING (mark either LT-long term, or ST-short term after each one)

COSTS - Risks and Disadvantages	BENEFITS - Rewards and Advantages
<p>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> <p>As long as I drink/drug, the costs/risks are always LT long term</p>	<p>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> <p>As long as I drink/drug, the benefits/rewards are always ST short term</p>

### NOT USING / DOING

COSTS - Risks and Disadvantages	BENEFITS - Rewards and Advantages
<p>Accountable for actions Harder to get to know people &amp; 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> <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>	<p>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> <p>As long as I don't drink/drug, the benefits/rewards are always LT long term</p>