

# Cost Benefit Analysis - Decision Making Tool



RED ROOF  
RECOVERY

# Example: Cost-Benefit Analysis

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

## NOT Using / Doing

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

# Cost-Benefit Analysis

Risk reward rating (Decision Weighing) Workshop

**Decision I Want To Make:** Abstaining from Alcohol & Drugs

**Date:** Jan 2024

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

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

## NOT Using / Doing

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

# More Resources For You



**Book A Free Call To Discuss  
Your Options**

**[https://calendly.com/  
redroofrecovery](https://calendly.com/redroofrecovery)**



**Book A 30 Or 60 Minute  
Therapy Session**

**[https://tanyamacintyre-  
awaketherapy.youcanbook.me/](https://tanyamacintyre-awaketherapy.youcanbook.me/)**



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