



**COST/BENEFIT:
WEIGHING UP THE PROS AND CONS**

Choose a specific example of something that you are not sure about. Make it specific.
For example: "I have been invited to a friends birthday party that is being held at a pub. Will I go?"

- List all the **advantages** of continuing that behaviour /substance /activity
- List the **disadvantages** of continuing that behaviour.
Then do the reverse.
- List all the **advantages** of stopping that behaviour.
- List all the **disadvantages** of stopping that behaviour.
It can help to label each item either short-term or long-term.

CONTINUING THE BEHAVIOUR

Advantages (benefits & rewards)

Disadvantages (costs & risks)

STOPPING THE BEHAVIOUR

Advantages (benefits & rewards)

Disadvantages (costs & risks)