

# CBA Questions to Consider

Prior to filling out your Cost-Benefit Analysis, you may wish to think about these questions. Your answers may help you determine how to fill out your Cost-Benefit Analysis.

In Rational Recovery, the **addictive voice** is the internal, manipulative voice that urges a person to use their substance, offering rationalizations, excuses, or promises of relief. It is treated as separate from the individual's True Self. It is a predictable and recurring pattern of thoughts designed to keep the substance use disorder in control. By recognizing the addictive voice and consciously refusing to follow its suggestions, a person can assert self-control and resist cravings without relying on external support or gradual reduction.

As you answer the questions below, think about how many components of your answers involve addictive voice and how it might be influencing you.

*What do I enjoy about my substance use, and what does it do for me (be specific)?*

List as many things as you can that you liked about the substances you used.

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Where possible, find alternative ways of achieving the same goals and list them here.

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- Recognize that positive thinking about the substance use is a potential relapse warning sign.
- Realize that there are some things you liked about the substance use you will have to learn to live without or find things to replace.
- List what you enjoy about your substance use so you can ask yourself if it is really worth the price.
- Realize that you did get something from your substance use. It just may not be working on your behalf anymore.



