

Cost-Benefit Analysis 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.

When we repeatedly engage in certain behaviors, over time we go into “automatic pilot” mode. At this point, the action may become something we don’t even think about anymore. The Cost-Benefit Analysis Pros and Cons Worksheet helps you to slow down this automatic thinking process so that you can examine it and determine where the thinking process might have “gone off the rails.”

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 the behavior, and what does it do for me (be specific)?

List as many things as you can that you like about engaging in the behavior.

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

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

