

Cost-Benefit Analysis

Evaluating the Costs and Benefits of Addiction vs. Recovery





Take time to honestly reflect on your current behavior and the possibility of change. There are no right or wrong answers—this is about awareness.

Name: _____

Date: _____

Compare Your Choices

Be honest, not judgmental. This is for awareness.

<p>● Benefits of Current Behavior (What do I get from this?)</p> <p> Write here:</p>	<p>● Costs of Current Behavior (How does this affect me negatively?)</p> <p> Write here:</p>
<p>● Benefits of Change (Recovery) (What could improve?)</p> <p> Write here:</p>	<p>● Costs / Challenges of Change (What might be difficult?)</p> <p> Write here:</p>

Current Behavior (Addiction / Habit)

- **Benefits** (What do I get from this?)

Examples: Stress relief, social connection, temporary pleasure

- **Costs** (How does this affect me negatively?)

Examples: Health issues, financial problems, strained relationships

Change (Recovery / Healthier Path)

- **Benefits** (What could improve?)

Examples: Better health, improved relationships, financial stability

- **Costs / Challenges** (What might be difficult?)

Examples: Withdrawal symptoms, fear of change, loss of social circle

Reflection

- What stands out to me after completing this?

- How does this make me feel?

What Matters Most to Me

- What are my most important values, goals, or priorities?

Examples: Family, health, career, personal growth

Next Step

- What is one small step I am willing to take?

Examples: Reaching out for support, attending a meeting, setting a goal

- What support might help me take this step?

Examples: A friend, counselor, support group

"You don't have to change everything at once. Awareness is the first step."