



COST/BENEFITS ANALYSIS

The Cost/Benefits Analysis “worksheet” of cognitive behavioral therapy is a pretty good place for people to start weighing the pros and cons of change.

You see, usually we think “there are no pro’s to keeping my alcohol abuse problem” – but there actually are. We are not stupid people. There is a payoff to staying exactly where you’re at right now. There’s also a payoff to quitting alcohol. It is in the Cost Benefits Analysis (CBA) chart that you can start figuring some of this out and being honest with yourself.

The chart is on the next page... it is where you will write out the pro’s and con’s of quitting drinking. You will also write out the pro’s and con’s of NOT-quitting drinking.

As I always try to say in this Course – make your best effort not to be too vague.

If you make the answers too vague, you can’t really measure your success and you can’t really feel emotionally motivated enough to change. For example, if in the “con’s of drinking” you put “I’ll feel bad physically. I’ll be down on myself.”*that’s way too vague.*

Write down what is really, viscerally true for you.

For me it was “I will end up in the ER again with extreme stomach pain. I’ll throw up 24 hours straight. I’ll lose two of my clients who have already threatened to leave. I’ll lose my roommate, which is half my income. My family will be upset with me. I will pass out and not remember to feed my pets. I might crash my car if I drive in a blackout. I’ll spend money I don’t have on alcohol. I may get a DUI which will cost me at least \$10,000 and years on my record. I could hurt someone... I could hurt myself.”

The same goes for the section where it asks you what are the pro’s of continuing to drink. Some things people mention is: they will have a stress-reliever. It makes it easier to meet people and have fun. It makes it easier to dance and go out... socialize. They like the taste. They like the euphoria or the fact that they can be a little more lighthearted. Just be honest. List the real stuff.

So my best advice in filling out the chart is to “make it tangible, make it real.”

Some questions to think about are...

- “What did your addiction do FOR you?” and
- “What did your addiction do TO you?”

We’ll be going over the nuances to this chart after you’ve already filled it out. It’s also something you can refine over time, or fill out for other pro/con decisions that are weighing on you.



The Other Side of the Bottle COURSE

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COST/BENEFITS WORKSHEET

PRO'S of continuing drinking

(eg: stress reliever, easier to socialize)

CON'S of continuing drinking

(eg: breakups, lose kids, income loss, health, dui)

PRO'S of quitting drinking

(eg: get your kids back, improve your job, health)

CON'S of quitting drinking

(eg: boredom, socially awkward, no fun, no stress relief)