

Cost Benefit Analysis Therapy

Name: Dan Carter

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Introduction: This worksheet is designed to help you weigh the costs and benefits of a specific decision or behavior. It will guide you through considering the short-term and long-term implications of your choices.

Describe the behavior to analyze, or describe a decision you made (or have to make) and the situation surrounding that decision:

I am considering accepting a job offer that requires relocating to another state, far from family and friends.

Benefits vs. Costs of the Decision/Behavior

Instructions: List down all the benefits and costs associated, no matter how big or small. Having each one laid out will help in making the decision.

Short-term Benefits:

Higher salary
Career advancement opportunities
Exciting new city to explore

Short-term Costs:

Relocation expenses
Stress from moving and adjustment
Separation from close-knit family and friends

Long-term Benefits:

Potential for significant career growth
Higher earnings over time
Exposure to diverse professional networks

Long-term Costs:

I'll get homesick
Cost of living may be higher
Less frequent visits home

Benefits vs. Costs of Not Following Through

Short-term Benefits:

Stability of current living situation
Proximity to family and friends
Familiarity with current job

Short-term Costs:

Missed opportunity for a salary increase
Might feel stuck in current career path
Regret from not taking a new opportunity

Long-term Benefits:

Strong support network
Continued comfort in a familiar environment
Avoiding the risks of a new job and relocation

Long-term Costs:

Potential stagnation in career
Financial implications of lower salary trajectory
Possible regret about not challenging oneself

Reflection

What insights have you gained from this analysis?

I realized that while the move is intimidating, the long-term benefits for my career and financial future might outweigh my immediate discomfort and fear of change.

Based on the analysis, what decision should you make/have made?

I am leaning towards accepting the job offer, planning strategies to maintain close contact with family and friends to manage the emotional costs of moving.

Therapist's Additional Notes

Dan, consider visiting the new city to alleviate some uncertainties and further assess the job environment and living conditions—knowing more information helps in weighing costs versus benefits. Continued support through this transition is recommended to monitor your adjustment and emotional well-being.

Healthcare Professional's Information

Name: Dr. Lisa Harwood

License Number: MH1234567

Phone Number: (555) 123-4567

Email: lharwood@therapyexample.com

Name of Practice: Therapy Consulting