

Cost Benefit Analysis Therapy

Name:	Date:
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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:

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:

Short-term Costs:

Long-term Benefits:

Long-term Costs:

Benefits vs. Costs of Not Following Through

Short-term Benefits:

Short-term Costs:

Long-term Benefits:

Long-term Costs:

Reflection

What insights have you gained from this analysis?

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

Therapist's Additional Notes

Healthcare Professional's Information

Name:

License Number:

Email:

Phone Number:

Name of Practice: