

Thoughts & Behaviors

Cost / Benefit Analysis

What is a thought or behavior you might want to change?

List the costs and benefits of the thought or behavior. Rate the importance of each, where 1 is “not important” and 10 is “very important”.

Costs	Importance (1-10)
Total:	

Benefits	Importance (1-10)
Total:	

After reviewing the costs and benefits of the current thought or behavior, develop a more adaptive alternative.