

## Using the BCM - Benefit Cost Matrix - Tool

<b>DOING this thing</b> <b>(A) Benefit - Advantage or Reward</b>	<b>DOING this thing</b> <b>(B) Cost - Disadvantage or Risk</b>
<p><b>What Do I, or Did I, or Might I, enjoy about this thing - what does, or did, or might, it do FOR me – making each example as specific as possible?</b></p> <p>If it is a behaviour I am attempting to alter, then acknowledging that it does something for me might be helpful.</p> <p>It is HUMAN for part of me to want to remove discomfort, frustration and uncertainty. How might I allow myself to grow from these things?</p>	<p><b>What might I dislike or hate about this thing, what has it done, or might it do, TO me – what might I CHOOSE to endure – each example as SPECIFIC as possible?</b></p> <p>What might I be paying now, or likely to pay for a benefit?</p> <p>It may be pretty helpful that I use a specific example – a specific example tends to have a much greater emotional impact and reason to change. Maybe noting the affect this has on my life as well.</p>

**I might now label each item as MOSTLY Shorter Term (ST) or MOSTLY Longer Term (LT).  
How might this affect the balance?**

**“If this thing was a used car, with the benefits I have just listed AS THE AMOUNT THE SALESPERSON IS MAKING ME PAY – OR I FOUND OUT THE ‘CAR’ COST ME LATER, how happy would I be with the price? In what way might I be getting a good deal? How might this ‘salesperson’ have looked after me?”**

<b>NOT DOING this thing</b> <b>(C) Benefit - Advantage or Reward</b>	<b>NOT DOING this thing</b> <b>(D) Cost - Disadvantage or Risk</b>
<p><b>What do I think I might LIKE about not doing this behaviour or habit – being as specific as possible?</b></p> <p>How might I <b>BENEFIT</b>? What might I be able to do, or be, or have? What might gradually develop? Or what might come into my life?</p> <p>Health; Financial; Family; Meaningful Relationship; Mental Growth; Emotional Growth; Progress?</p>	<p><b>What do I think I might NOT LIKE about not doing this thing?</b></p> <p>What thing might I then CHOOSE TO live with, or without, as a result of CHOOSING TO not do this thing? How long might this thing, or feeling, last? Really?</p> <p>What ‘uncomfortable’ growth might I then CHOOSE TO go through? What might I then alter?</p>

**Once again I might label each item as MOSTLY Shorter Term (ST) or MOSTLY Longer Term (LT).**

**THIS TOOL MIGHT BE USED FOR SOMETHING I’D LIKE TO STOP OR SOMETHING I’D LIKE TO START.**

**(A)** What thing that I like about a behaviour I am looking to stop, might I be able to get in a more helpful and constructive way? What thing might I do, and practice a little, that I might enjoy?

I might keep an eye out for ‘wishful’ thinking a bit about what I am attempting to alter, spending time in this quadrant, as a potential warning sign – ‘euphoric recall.’

**(B)** I likely began a behaviour in a very human way, to enjoy, enhance, or escape. In what way is this now a bit less the case? How might I more helpfully deal with a life challenge of mine?

**(C)** The ‘pushing power’ of **(B)** might lessen over time – the ‘pulling power’ of **(C)** might increase as I live, and take note of, my fuller life. I might **CHOOSE TO** keep this list on hand and **perhaps add to it**, from time to time.

**(D)** This list perhaps gives me an indication of what kind of new coping skill, behaviour or lifestyle change it might be helpful for me to develop - using any tool, technique or mindset I find helpful.

I may over time **CHOOSE TO** replace ‘I have to’ with ‘**I CHOOSE TO...**’

## Benefit Cost Matrix (Decision Weighing)

My Behaviour I'd like to alter or Decision is: \_\_\_\_\_ Date: \_\_\_\_\_

### DOING This Behaviour

(A) <u>Benefit</u> - Advantage or Reward	(B) <u>Cost</u> - Disadvantage or Risk

### NOT DOING This Behaviour

(C) <u>Benefit</u> - Advantage or Reward	(D) <u>Cost</u> - Disadvantage or Risk

**\*\*Labelling each item either Shorter Term (ST) or Longer Term (LT) – how might this affect the balance?**