

Using the BCM (Benefit Cost Matrix) Tool

ACTING OUT – DRINKING/USING (A) Benefit (Advantage or Reward)	ACTING OUT – DRINKING/USING (B) Cost (Disadvantage or Risk)
<p>What did/do I enjoy about my unhelpful addictive behaviour or unhelpful habit, what did/does it do FOR me - as specific as possible?</p> <p>“I realize that I am not stupid; I did get some benefits from my unhelpful addictive behaviour” – what are/were they?</p> <p>I might list as many things as I can that I liked about whatever I am/were behaving addictively with.</p> <p>Feelings; things avoided; states?</p>	<p>What might I dislike or hate about my unhelpful addictive behaviour/habit, what has it done, or might it do, to me – giving as SPECIFIC examples as possible?</p> <p>Undesirable, and unhelpful result of my unhelpful addictive behaviour.</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 motivational force.</p>

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

“If my unhelpful addictive behaviour was a used car, with the benefits of use 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?**”

NOT ACTING OUT - FREE (C) Benefit (Advantage or Reward)	NOT ACTING OUT - FREE (D) Cost (Disadvantage or Risk)
<p>What do I think I might LIKE about a result of giving up my unhelpful addictive behaviour/habit – being as specific as possible?</p> <p>How might I benefit? What might I be able to do, or be, or have? What might gradually return?</p> <p>Health; Finances; Family; Meaningful Relationships; Mental State; Emotional State; Life Progress?</p>	<p>What do I think I might not like about giving up my unhelpful addictive behaviour or unhelpful habit?</p> <p>What thing might I then CHOOSE TO live with, or without, as a result of choosing to move away from my unhelpful addictive behaviour?</p> <p>What ‘uncomfortable’ growth might I then CHOOSE TO go through?</p>

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

(A) What thing that I liked about my unhelpful addictive behaviour might I be able to get in a more helpful and constructive way?

I might keep an eye out for ‘positive’ thinking about my unhelpful addictive behaviour, spending time in this quadrant, as a potential relapse warning sign – “euphoric recall.”

(B) I likely began my unhelpful addictive 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 **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 to develop - using any tool, technique or mindset I find helpful.

I may over time replace “I have to” with “**I CHOOSE TO...**”

Benefit Cost Matrix (Decision Weighing)

My Unhelpful Addictive Behaviour or decision is: _____ Date: _____

DOING My Unhelpful Addictive Behaviour

(A) Benefit (Advantage or Reward)	(B) Cost (Disadvantage or Risk)

FREEDOM from _____ FREEDOM to.....

(C) Benefit (Advantage or Reward)	(D) Cost (Disadvantage or Risk)

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