

The substance/activity to consider is \_\_\_\_\_.

Date \_\_\_\_\_

# Decision-Making/ Cost-Benefit Worksheet



**10**  
Minutes

## USING OR DOING

1

**Advantages (benefits  
and rewards)**

Write your answer here.

2

**Disadvantages (costs  
and risks)**

Write your answer here.

## NOT USING OR NOT DOING

3

**Advantages (benefits  
and rewards)**

Write your answer here.

4

**Disadvantages (costs  
and risks)**

Write your answer here.



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