

The Cost-Benefit Analysis Project

Benefits of drinking (short-term)

Costs of drinking (short-term)

Benefits of drinking (long-term)

Costs of drinking (long-term)

INSTRUCTIONS:

- **Fill in the Chart:** Be honest and detailed as you write down the benefits and costs of drinking, both in the short term (e.g., relaxation, social connection) and long term (e.g., health issues, strained relationships).
- **Analyze the Results:** Reflect on which quadrants have the most compelling reasons and what this suggests about your drinking habits.
- **Decision-Making:** Consider what changes, if any, could maximize the benefits while minimizing the costs. This could be reducing frequency, adopting mindful drinking, or exploring sobriety.

Outcome: A comprehensive understanding of the tangible and intangible effects of drinking on your life.

NOTES / REFLECTIONS: