COST-BENEFIT ANALYSIS WORKSHEET

SMART Recovery®
Life beyond addiction

Using _____ or Doing _____
Label each item short-term (ST) or long-term (LT)

ST/LT	Benefits (rewards and advantages)	ST/LT	Costs (risks and disadvantages)

NOT Using _____ or Doing _____
Label each item short-term (ST) or long-term (LT)

ST/LT	Benefits (rewards and advantages)	ST/LT	Costs (risks and disadvantages)