

Cost Benefit Analysis Therapy

Name: _____ Date: _____ dd / mm / yyyy

This worksheet is designed to help you weigh the costs and benefits of a specific decision or behavior. It will guide you through considering the short-term and long-term implications of your choices.

Describe the behavior to analyze, or describe a decision you made (or have to make) and the situation surrounding that decision:

Instructions: List down all the benefits and costs associated, no matter how big or small. Having each one laid out will help in making the decision.

Short-term Benefits:

Short-term Costs:

Long-term Benefits:

Long-term Costs:

Short-term Benefits:

Short-term Costs:

Long-term Benefits:

Long-term Costs:

What insights have you gained from this analysis?

Based on the analysis, what decision should you make/have made?

THERAPIST'S ADDITIONAL NOTES:

Therapist's Additional Notes:

Name: _____

License Number: _____

Phone Number: _____

Email: _____

Name of Practice: _____