



Embrace  
SOBERHOUSE

# My Cost-Benefit Analysis

## Using or Doing

Label each item short-term (**ST**) or long-term (**LT**)

Benefits (rewards and advantages)

Costs (risks and disadvantages)

## NOT Using or Doing

Label each item short-term (**ST**) or long-term (**LT**)

Benefits (rewards and advantages)

Costs (risks and disadvantages)