

DRINKER'S CBA

Cost Benefit Analysis

Continue my drinking the same as always.

Pros

Cons

Change my drinking by _____¹.

Pros

Cons

SAMPLE DRINKER'S CBA

¹ Some options for filling in this blank are: a) quitting, b) adding abstinence days, c) safer drinking, d) sticking to moderate limits, e) stopping earlier, f) not drinking on work nights, etc. etc.

Cost Benefit Analysis

Continue my drinking the same as always.

Pros

I can relax after class
It helps me enjoy music
I like the taste
It helps me sleep

Cons

It interferes with doing my schoolwork
It is hard to pay attention in class when I am hungover
I am always tired

Change my drinking by adding abstinence days².

Pros

Clearer mornings
More productive days
More time to do homework
Don't have to go to class hungover

Cons

It will be hard to relax after school
It will be hard to sleep

² Some options for filling in this blank are: a) quitting, b) adding abstinence days, c) safer drinking, d) sticking to moderate limits, e) stopping earlier, f) not drinking on work nights, etc. etc.