

3.4) My Generalized CBA - Cost Benefit Analysis

Continue my drinking the same as always.

Pros

Cons

Change my drinking by _____ *

Pros

Cons

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