

### 3.5) Sample Generalized CBA - Cost Benefit Analysis

**Continue my drinking the same as always.**

<b>Pros</b>	<b>Cons</b>
I can relax after class It helps me enjoy music I like the taste It helps me sleep	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 alcohol-free days.**

<b>Pros</b>	<b>Cons</b>
Clearer mornings More productive days More time to do homework Don't have to go to class hungover	It will be hard to relax after school It will be hard to sleep