

## Worksheet 1.2 - Cost Benefit Analysis (Example)

A Cost-benefit Analysis (CBA) is probably the most helpful exercise for generating motivation: it can really crystalize the reasons why change is necessary by reflecting on the pros and cons of your current behavior, versus the pros or cons of change.

After you complete each box, indicate whether the item is short-term (ST) or long-term (LT).

Here's an example of a completed worksheet:

	BENEFITS	COSTS
NO CHANGE	<ul style="list-style-type: none"> <li>• Porn feels good while I'm watching it (ST).</li> <li>• P&amp;M helps me release stress (ST).</li> </ul>	<ul style="list-style-type: none"> <li>• I feel guilty and ashamed afterwards (LT).</li> <li>• It's hurting my relationship with my wife.</li> </ul>
CHANGE	<ul style="list-style-type: none"> <li>• I won't have to feel anxious about getting caught (LT).</li> <li>• I won't feel guilty or hypocritical anymore (LT).</li> </ul>	<ul style="list-style-type: none"> <li>• I won't get that instant feeling of physical release (ST).</li> <li>• I won't know how to function without getting this feeling of release (ST).</li> </ul>

"הוי מחשב הפסד מצוה כנגד שכרה, ושכר עבירה כנגד הפסידה"

## Worksheet 1.2 - Cost Benefit Analysis

After you complete each box, indicate whether the item is short-term (ST) or long-term (LT).

	BENEFITS	COSTS
NO CHANGE		
CHANGE		

”הוי מחשב הפסד מצוה כנגד שכרה, ושכר עבירה כנגד הפסידה”