Decision Making Worksheet / Cost Benefit Analysis

The substance or activity to consider is:	Date:
<u>Using or doing</u>	
Advantages (benefits and rewards)	<u>Disadvantages</u> (costs and risks)
NOT using or NOT doing	
<u>Advantages</u> (benefits and rewards)	<u>Disadvantages</u> (costs and risks)
Label each item either short term or long term.	