

THE COSTS VS THE BENEFITS

The following chart will help you to weigh up the costs (negatives) versus the benefits (positives) of your addiction. After you watch the ‘Chemically Speaking’ video, think of at least one of the risks and consequences that were important to you during the cycle of addiction teaching. Think about how these 4 areas below relate to your addictive behaviour and bring this chart to the next session.

Continue my current addiction

Stop my current addiction

POSITIVES (Benefits)

POSITIVES (Benefits)

Example:

Example:

<i>I enjoy not having to feel the pressures of life</i>	<i>I want to feel my families love again</i>

NEGATIVES (Costs)

NEGATIVES (Costs)

Example:

Example:

<i>I will lose my spouse and children</i>	<i>I will have to learn to cope with stress</i>

Someone once said;

***“If you don’t like it, change it,
If you don’t want to change it,
It can’t be that bad!
(Anonymous)***

If you don’t have a problem with addiction, then why are you here?