

DRINKER'S CBA

Cost Benefit Analysis

Continue my drinking the same as always.

Pros

Cons

Change my drinking by _____¹.

Pros

Cons

¹ Some options for filling in this blank are: a) quitting, b) adding abstinence days, c) safer drinking, d) sticking to moderate limits, e) stopping earlier, f) not drinking on work nights, etc. etc.