

Thoughts And Behaviors: Costs And Benefits

In any situation, there will be a consequence for your behavior. A consequence is not always bad, though. A consequence is a reaction to your action. Weighing out the costs and benefits to your own decisions is an important skill. Without it, you may face negative consequences for your actions.

Directions: Write down an upsetting thought you are having and the way you want to behave. Then, weigh the cost and benefit of that behavior.

Thought:

How you want to behave in reaction to the thought?

What may happen as a result of the behavior?

How will this behavior benefit you?

What will this behavior cost you?

Do the benefits outweigh the costs?

What is a healthy way to behave?
