# Thoughts & Behaviors

## Cost / Benefit Analysis

What is a thought or behavior you might want to change?

List the costs and benefits of the thought or behavior. Rate the importance of each, where 1 is “not important” and 10 is “very important”.

| Costs | Importance (1-10) |
|---|---|
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| **Total:** | |

| Benefits | Importance (1-10) |
|---|---|
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| | |
| **Total:** | |

After reviewing the costs and benefits of the current thought or behavior, develop a more adaptive alternative.

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