

## Toolkit 1 - Learning Unit 11 Post-Intervention

### Activity 3 What is the cost-benefit analysis method?



What is a thought or behavior you 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“.

| <b>Costs</b>    | <b>Importance<br/>(1-10)</b> |
|-----------------|------------------------------|
|                 |                              |
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|                 |                              |
|                 |                              |
|                 |                              |
|                 |                              |
|                 |                              |
|                 |                              |
| <b>Total</b>    |                              |
| <b>Benefits</b> | <b>Importance<br/>(1-10)</b> |
|                 |                              |
|                 |                              |
|                 |                              |



**Psychological  
Early  
Intervention**

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|--------------|--|
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|              |  |
|              |  |
|              |  |
| <b>Total</b> |  |

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

*Resource: [therapistaid.com](http://therapistaid.com)*



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