

## Costs & Benefits

As you begin to explore the way back out of your alcohol-dominated life, you know that there are always reasons to keep on drinking as well as reasons to stop. Drinking has its rewards which are usually immediate and quitting does too, though they tend to be long term.

We believe that your motivation to change your relationship to alcohol can be increased by your understanding of what lies in your own best interest. Clearly evaluating your Costs and Benefits will make it easier to stay on track. It is difficult to put long term rewards ahead of short term ones, but having the balance clearly stated helps.

The following page is a start, where we list some examples of Rewards of Drinking; Rewards of Quitting; Risks of Drinking, and Risks of Quitting. We want you to personalize the lists. Cross out what doesn't apply, and begin adding your own.

As you create and read back over your own lists, we don't think there will be much doubt as to which lists hold the greater benefits for you.

Despite the reasons for quitting, or moderating, it's possible, maybe even likely, that you can scare yourself into not changing your alcohol use and abuse. Afraid of the unpredictability of changing? Uncomfortable with how it might feel? Resentful of feeling pressured? Remembering that you've failed and each failure makes trying again seem even more hopeless? But 20 million ex-smokers would tell you otherwise. Trying and failing is about learning to succeed. You've learned what doesn't work for you. It's time to find out what will.

### Benefits of Drinking

A bad habit or destructive activity that keeps you coming back must have some rewarding aspects. If you are going to eliminate or modify the behavior, you will want to know what's in it for you.

1. Feeling good;
2. Escape (from pain, fear, boredom)
3. -
4. -
5. -
6. -
7. -
8. -
9. -
10. -

### Costs of Drinking

Obviously drinking has a number of costs that have begun to affect you. If it didn't you probably wouldn't be looking to change. As with the Rewards, the Risks are personal with some mattering more to one person than another. So, please, personalize the topics that apply, and add new ones over the coming weeks.

1. Got a DUI/DWI;
2. Family fights;
3. -
4. -
5. -
6. -
7. -
8. -
9. -
10. -

### Benefits of Quitting

1. Recover some health
2. Save some money
3. -
4. -
5. -
6. -
7. -
8. -
9. -
10. -

### Costs of Quitting

1. Lose my friends;
2. I'll be bored;
3. -
4. -
5. -
6. -
7. -
8. -
9. -
10. -