

# THE PROS AND CONS

Often people can identify many advantages and disadvantages of their drug and alcohol use. They weigh these advantages and disadvantages - pros and cons – in an effort to decide whether or not to continue or stop certain drug and alcohol behaviors. In the column below, please list the pros (advantages) and cons (disadvantages) of your drug and alcohol use.

PROS	CONS

Review the list and rate the different factors in terms of importance to you. Rate them from 1 (the most important) to the least important.

# WHAT DOES IT COST?

(Session 3)

Many people who regularly use drugs or alcohol say they continue with their use because the costs of quitting are judged to be too high or risky. It may be useful in deciding whether or not to participate in some form of treatment to review the specific benefits and costs in continuing with things as they are. In the quadrants below, list examples of what you gain and lose by continuing using drugs or alcohol and what you would gain by stopping drugs or alcohol use.

<b>Benefits of Continued Use:</b>	<b>Costs of Continued Use:</b>
<b>Benefits of Stopping Use:</b>	<b>Costs of Stopping Use:</b>

Discuss items you included in each of the above quadrants with your therapist. Based on the information above, answer the following questions: Is it more beneficial for me to continue with the way things are? Could I benefit from making a change regarding my drug