

## Cost-Benefit Analysis (Example)

	Keeping my current coping strategy / Holding on to my belief: <b>“Worrying / Seeking Certainty”</b>	Using my adaptive coping strategy / Adopting a new belief: <b>“Accepting Uncertainty &amp; Focusing on the present moment”</b>
Advantages	<ul style="list-style-type: none"> <li>• Keeps me safe</li> <li>• Keeps me alert</li> </ul> <p>30% Advantage</p>	<ul style="list-style-type: none"> <li>• Likely be happier</li> <li>• Would be more productive</li> <li>• I'd be more pleasant to be around</li> <li>• Relationships may improve</li> <li>• Less stress and anxiety</li> <li>• Feel better physically</li> </ul> <p>80% Advantage</p>
Disadvantages	<ul style="list-style-type: none"> <li>• Distracts me</li> <li>• Leads to more worry</li> <li>• Makes my mood worse</li> <li>• Causes anxiety</li> <li>• Gets in the way of relationships</li> <li>• Causes physical discomfort</li> </ul> <p>70% Disadvantage</p>	<ul style="list-style-type: none"> <li>• May miss warning signs</li> <li>• Feels like the right thing to do</li> </ul> <p>20% Disadvantage</p>