

Cost-Benefit Analysis (Example)

	Worrying "Seeking Certainty"	Accepting Uncertainty "Focusing on the Present Moment"
Advantages	<ul style="list-style-type: none"> • Keeps me safe • Keeps me alert <p>30% Advantage</p>	<ul style="list-style-type: none"> • Likely be happier • Would be more productive • I'd be more pleasant to be around • Relationships may improve • Less stress and anxiety • Feel better physically <p>80% Advantage</p>
Disadvantages	<ul style="list-style-type: none"> • Distracts me • Leads to more worry • Makes my mood worse • Causes anxiety • Gets in the way of relationships • Causes physical discomfort <p>70% Disadvantage</p>	<ul style="list-style-type: none"> • May miss warning signs • Feels like the right thing to do <p>20% Disadvantage</p>