

COST/BENEFIT ANALYSIS WORKSHEET

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When we find a belief or behavior we are considering changing, it helps to see what benefits we may be getting from the belief or behavior. Then we can plan other ways of getting that benefit, if we still want to make a change.

It also helps support our decision to change if we fully understand the ways we are being held back or hurt if we don't change.

Filling in this worksheet can help you look at all the consequences of keeping or releasing the behavior/belief. Then you can make an informed choice. The information can also help increase your motivation.

Cost of Keeping (Behavior/Belief)	Benefit of Keeping (Behavior/Belief)

Cost of Not Keeping (Behavior/Belief)	Benefit of Not Keeping (Behavior/Belief)

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com