A picture containing graphical user interface

Description automatically generated

Addiction or Recovery? Cost / Benefit Analysis

List the positives and negatives of changing this part of your life and of keeping things as they are.

|  |  |  |
| --- | --- | --- |
|  | Positives | Negatives |
| Making the change. |  |  |
| Keeping things as they are (status quo). |  |  |