



SOLUTION -FOCUSED PROBLEM SOLVING

Costs and Benefits Worksheet

When faced with making a change or a decision, it can be helpful to use the Cost/Benefit Analysis. Fill in the details below for a decision you made in the past and the challenge you face now. Use this worksheet anytime you have conflicting thoughts and feeling about a choice you are facing.

	Change	No Change
Cost		
Benefit		
Cost		
Benefit		

Cost		
Benefit		
Cost		
Benefit		
Cost		
Benefit		