PROS

CONS

Not Drinking/Using

1

2

Drinking/Using

3

4

Instructions:

I am a big believer that all human behaviors are reinforced by different variables (pros or benefits of the behavior), whether we are aware of them or not. There are also disincentives, cons, or drawbacks to behaviors. Drinking or using drugs is no exception. If someone is drinking, then there are variables that reinforce that behavior (pros), and there are probably cons (drawbacks) to the behavior.

1) In Box 1, make a list of all the pros (benefits) of not drinking or using drugs (abstinence). Make sure this list includes your benefits, not someone else's. Examples: No legal problems, wife happier with me, saving money, losing weight, more productive at work, etc.

2) In Box 2, make a list of all the cons (drawbacks) of not using (abstinence from alcohol and drugs). Example: Not fitting in at parties or celebrations.

3) In Box 3, make a list of all the pros of drinking or using for you. Examples: the taste, the "buzz" or the "high," how it helps you loosen up in social situations, etc.

4) In Box 4, make a list of all the cons (drawbacks) to drinking for you. Examples: legal charges, spending too much money, arguments with others, gaining weight, hangovers, etc.

After you have completed the 4 boxes, think about the different items you listed. Decide if the items in boxes 1 and 4 combined are bigger, more important, or heavier to you than the items in boxes 2 and 3 combined. One way to do this is to look at the scale below and write in which boxes seem to weight the most on the left, and which boxes seem to weight lest on the right: