

[http://www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Quick\\_Reference/cba\\_fourquestions.htm](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Quick_Reference/cba_fourquestions.htm)

### **COST/BENEFIT ANALYSIS**

1. What do I enjoy about my addiction, what does it do for me (be specific)?

List as many things as you can that you liked about whatever you are/were addicted to.

- a. Where possible, find alternative ways of achieving the same goals.
- b. Recognize positive thinking about the addiction as a potential relapse warning sign.
- c. Realize that there are some things you liked about the addiction you will have to learn to live without.
- d. List what you enjoy about your addiction so you can ask yourself if it is really worth the price.
- e. Realize that you aren't stupid; you did get something from your addiction. It just may not be working on your behalf anymore.

2. What do I hate about my addiction, what does it do to me (give specific examples)?

List as many of the bad, undesirable results of your addiction as you can. Here it is extremely important that you use specific examples. Specific examples have much greater emotional impact and motivational force!

- a. Ask yourself honestly "If my addiction was a used car, would I pay this much for it?"
- b. Review this list often, especially if you are having a lot of positive, happy thoughts about all the great things your addiction did for you.

3. What do I think I will like about giving up my addiction? List what good things you think/fantasize will happen when you stop your addiction.

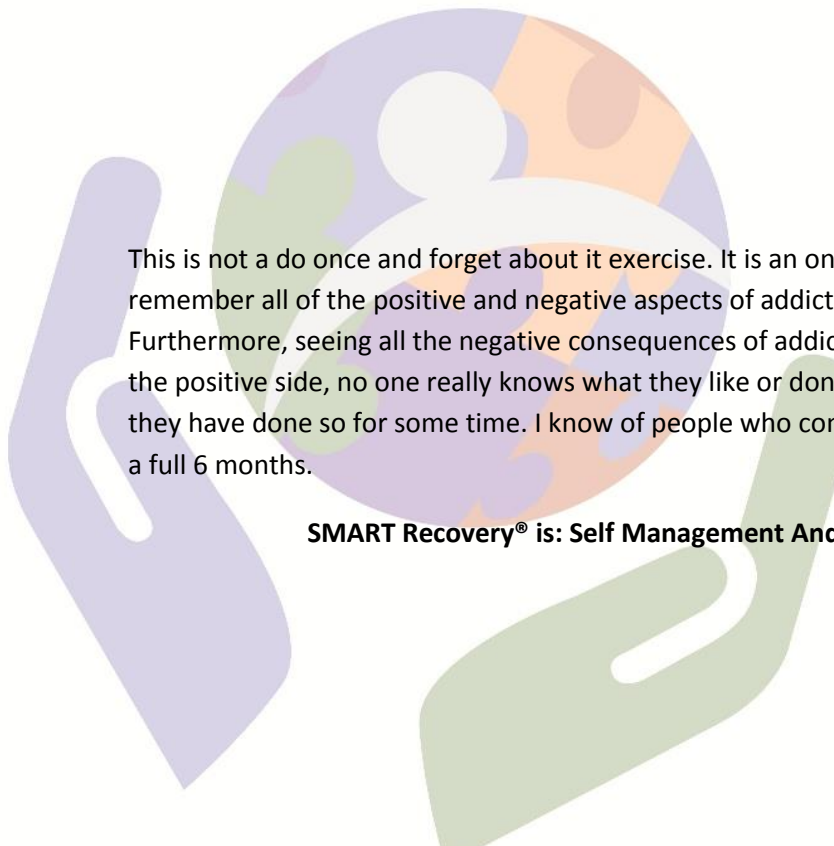
- a. This provides you with a list of goals to achieve and things to look forward to as a result of your new addiction free lifestyle.
- b. This list also helps you to reality test your expectations. If they are unrealistic, they can lead to a disappointment based relapse.

4. What do I think I won't like about giving up my addiction?

List what you think you are going to hate, dread or merely dislike about living without your addiction.

a. This list tells you what kinds of new coping skills, behaviors and lifestyle changes you need to develop in order to stay addiction free.

b. It also serves as another relapse warning list. If all you think about is how much life sucks now that you are not doing your addiction, you are in a relapse thought pattern that is just as dangerous as only focusing on what you liked about your addiction.



This is not a do once and forget about it exercise. It is an ongoing project. Most people simply can't remember all of the positive and negative aspects of addiction and recovery at any one time. Furthermore, seeing all the negative consequences of addiction listed in one place is very powerful. On the positive side, no one really knows what they like or don't like about living free of their addiction until they have done so for some time. I know of people who continued to add items to all four questions for a full 6 months.

**SMART Recovery® is: Self Management And Recovery Training**

**Decision Making Worksheet / Cost Benefit Analysis**

The substance or activity to consider is: \_\_\_\_\_ Date: \_\_\_\_\_

**Using or doing**

**Advantages (benefits and rewards)**

**Disadvantages (costs and risks)**

**NOT using or NOT doing**

**Advantages (benefits and rewards)**

**Disadvantages (costs and risks)**

Label each item either short term or long term

[www.smartrecovery.org](http://www.smartrecovery.org)



**SMART Recovery**

**Self Management and Recovery Training**

Visit us at our website at [www.smartrecovery.org](http://www.smartrecovery.org)

**Hierarchy of Values Worksheet**

**Complete this worksheet to determine what is MOST important to YOU.**

Effectively used for which 4 points?			
X Building Motivation	Coping with Urges	Problem Solving	Lifestyle Balance
<p>A. Take a few minutes or so and write down a list of things that are important to you:</p>          			
<p>B. From the list above, look through and choose those that you consider to be your "Top Five"... the five things you consider to be the MOST IMPORTANT to you (in no particular order):</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>			

(Special thanks to SMART Recovery's founding President Joe Gerstein, MD)

[www.smartrecovery.org](http://www.smartrecovery.org)

### ABC Problem Solving Worksheet



**A**ctivating event - What is the Activating event?—What happened? What did I do? What did others do? What idea occurred to me? What emotions was I feeling?



**C**onsequence - Am I feeling anger, depression, anxiety, frustrated, self-pity, etc.? Am I behaving in a way that doesn't work for me? (drinking, attacking, moping, etc.)





Beliefs - Beliefs (dysfunctional)—What do I believe about the Activating event? Which of my beliefs are my helpful/self-enhancing beliefs and which are my dysfunctional/self-defeating beliefs?



Dispute - Dispute the Beliefs to find which are dysfunctional—What is the evidence that my belief is true? In what ways is my belief helpful or unhelpful? What helpful/self-enhancing belief can I use to replace each self-defeating or dysfunctional belief?



Effective New Belief and Emotional Consequence - What helpful/self-enhancing new belief can I use to replace each self-defeating or dysfunctional belief? What are my new feelings?

## The Wellness Recovery Action Plan (WRAP)

### Primary tabs

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. In 2010, WRAP® was recognized by the United States Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based practice and listed in the [National Registry of Evidence-Based Programs and Practices](#). Researchers from the Department of Psychiatry at the University of Illinois at Chicago (UIC) released the results of a rigorous study that demonstrated significantly positive behavioral health outcomes for individuals with severe and persistent mental health challenges who participated in peer-led WRAP® groups. Research studies on WRAP® from UIC cited that positive outcomes were tied to the fidelity of the WRAP® facilitation model designed by Mary Ellen Copeland and developed by the Copeland Center.

### Wellness Toolbox

The first step in developing your own Wellness Recovery Action Plan, is to develop a Wellness Toolbox. This is a listing of things you have done in the past, or could do, to help yourself stay well, and things you could do to help yourself feel better when you are not doing well. You will use these "tools" to develop your own WRAP.

### Section 1 Daily Maintenance List

On the first tab, write Daily Maintenance List. Insert it in the binder followed by several sheets of filler paper.

On the first page, describe, in list form, yourself when you are feeling all right.

On the next page, make a list of things you need to do for yourself every day to keep yourself feeling all right.

On the next page, make a reminder list for things you might need to do. Reading through this list daily helps keep us on track.

### Section 2 Triggers

External events or circumstances that, if they happen, may produce serious symptoms that make you feel like you are getting ill. These are normal reactions to events in our lives, but if we don't respond to them and deal with them in some way, they may actually cause a worsening in our symptoms.

On the next tab, write "Triggers" and put in several sheets of binder paper.

On the first page, write down those things that, if they happened, might cause an increase in your symptoms. They may have triggered or increased symptoms in the past.

On the next page, write an action plan to use if triggers come up, using the Wellness Toolbox [see article entitled, Developing a Wellness Toolbox as a guide.

### **Section 3 Early Warning Signs**

Early warning signs are internal and may be unrelated to reactions to stressful situations. In spite of our best efforts at reducing symptoms, we may begin to experience early warning signs, subtle signs of change that indicate we may need to take some further action.

On the next tab, write "Early Warning Signs." On the first page of this section, make a list of early warning signs you have noticed.

On the next page, write an action plan to use if early warning signs come up, using the Wellness Toolbox.

### **Section 4 Things Are Breaking Down or Getting Worse**

In spite of our best efforts, our symptoms may progress to the point where they are very uncomfortable, serious and even dangerous, but we are still able to take some action on our own behalf. This is a very important time. It is necessary to take immediate action to prevent a crisis.

On the next tab write, "When Things Are Breaking Down." Then make a list of the symptoms that, for you, mean that things have worsened and are close to the crisis stage.

On the next page, write an action plan to use "When Things Are Breaking Down," using the Wellness Toolbox.

### **Section 5 Crisis Planning**

In spite of our best planning and assertive action, we may find ourselves in a crisis situation where others will need to take over responsibility for our care. We may feel like we are totally out of control.

Writing a crisis plan when you are well to instruct others about how to care for you when you are not well keeps you in control even when it seems like things are out of control. Others will know what to do, saving everyone time and frustration, while insuring that your needs will be met. Develop this plan slowly when you are feeling well. The crisis planning form includes space to write:



- those symptoms that would indicate to others they need to take action on your behalf
- who you would want to take this action
- medications you are currently taking, those that might help in a crisis, and those that should be avoided
- treatments that you prefer and those that should be avoided
- a workable plan for at-home care
- acceptable and unacceptable treatment facilities
- actions that others can take that would be helpful
- actions that should be avoided
- instructions on when the plan no longer needs to be used

*This article also appears on Mary Ellen Copeland's Web site <http://www.mentalhealthrecovery.com> and is reprinted here with her permission.*



## Resources

<http://www.smartrecovery.org/>

<http://copelandcenter.com/>

<http://ccar.us/>

<http://www.thecampbellcenter.org/>

