

Costs and Benefits Worksheet

benefits of drinking

Escape
makes me social
makes me funny
Candance
Numbs emotion
Confidence
Buzz
Less shy
Sleep

benefits of not drinking

Save money
No hangovers
Better health
physical + mental
Rebuild relationships
Do better at work
Do better at parenting
More motivated

costs of drinking

Can't remember
Lying about it
Lost trust
DUI
Leads to bad eating habits
Become apathetic
Lose my phone etc.
3AM anxiety
Fighting with partner

costs of not drinking

Have to fill the time
Have to feel emotions
Don't fit in socially
No quick escape
What people think
How to get to sleep
How to date / have sex