

Taking steps to modify your usage, whether through abstinence or moderation, is an important decision. Individuals often find themselves reflecting on their consumption habits. Should they completely cease their use? Do they genuinely have a problem? Are they capable of stopping? Many attempts to adjust these patterns have been temporary or unsuccessful.

The next step involves exploring the reasons behind your desire for change. Various factors can influence your motivation to alter your behavior. Conducting a cost-benefit analysis can provide clarity on the consequences of your use, as well as the perceived advantages. This approach will enable you to assess the immediate benefits of use in relation to its long-term costs.

This worksheet will help you understand what you enjoy about your use and the costs of continuing it.

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