



Cost-Benefit Analysis (Example)

	Worrying "Seeking Certainty"	Accepting Uncertainty "Focusing on the Present Moment"
Advantages	• Keeps me safe. • Keeps me alert. 30% Advantage	• Likely be happier. Would be more productive. • I'd be more pleasant to be around. • Relationships may improve. • Less stress and anxiety. Feel better physically 80% Advantage
Disadvantages	• Distracts me. Leads to more worry. • Makes my mood worse. • Causes anxiety. • Gets in the way of relationships. • Causes physical discomfort. 70% Disadvantage	• May miss warning signs. • Feels like the right thing to do. 20% Disadvantage