

COST BENEFIT MATRIX

Describe the High Risk Situation: _____

	BENEFITS	Value	COSTS	Value
<p>List three of the benefits and costs of the high risk situation you had back then:</p> <p>Now, on a scale of 1 to 10, 10 being 'a lot', rate/ value each benefit and each cost and note in the box next to it.</p>	1.		1.	
	2.		2.	
	3. Total		3. Total	
<p>Now that you have changed and learned lessons from those high risk situations, how do you view the same benefits today. Were they really worth it? How have the values changed? Note the changes.</p>	1.		1.	
	2.		2.	
	3. Total		3. Total	
<p>What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response: Write the new behavior here: _____</p> <p>_____</p>	1.		1.	
	2.		2.	
	3. Total		3. Total	