

Cost-Benefit Analysis: Of Using Drugs

Instruction page



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Activity Type

Age: 10-18+

Resource Format

Participation Style:
1-1 activity

Interactive
worksheet

Individual activity

PDF worksheet

Theme:
Self-awareness,
reflective

Challenge Level
EASY

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General Activity Info

This reflective activity helps participants explore both the pros and cons of their substance use—and of giving it up. Rather than telling someone what they should feel or do, this tool supports honest self-reflection, encouraging them to weigh their choices and motivations. It can be especially helpful in motivational interviewing, addiction recovery, or early-stage intervention.

By listing the positives and negatives of both using and giving up the drug, participants can see the real impact of their behavior and start to explore change at their own pace.

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Materials Needed

- A printed copy of the resource OR Flashcards.

4

Step by Step Instructions

1. Introduce the Activity (2–3 mins)

Briefly explain:

“This activity helps us look honestly at what we like and don’t like about using drugs—and what it might be like to stop. There are no right or wrong answers. This is about you getting clear on what you feel.”

2. Complete Each Section (10–15 mins)

Provide a worksheet or draw four boxes on paper with the following headings:

- What do I like about using it?
- → e.g., “Helps me relax,” “I fit in,” “It numbs things.”
- What would I like about giving it up?
- → e.g., “More energy,” “Saving money,” “Better relationships.”
- What do I not like about using it?
- → e.g., “I feel guilty,” “It costs too much,” “Hangovers.”
- What would I dislike about giving it up?
- → e.g., “Feeling bored,” “Losing friends,” “Cravings.”

Encourage honesty—participants don’t need to share unless they want to.

3. Reflect and Discuss (Optional, 5–10 mins)

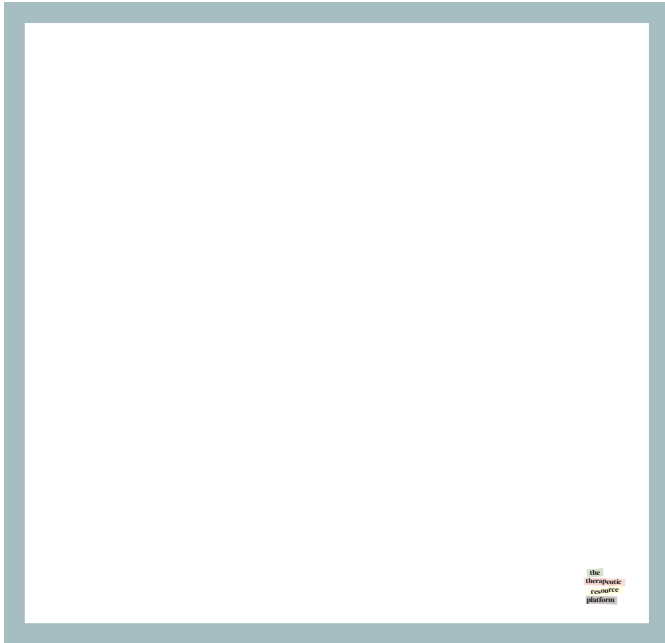
Ask optional reflection questions:

- “Was anything surprising as you filled this out?”
- “Which box was hardest to write in?”
- “Are there more reasons to use, or to stop?”
- “What would need to change to make giving it up feel more possible?”

Cost-Benefit Analysis


Let's look at the positives and negatives of giving up the drug.

WHAT DO I LIKE ABOUT USING IT?



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counseling
platform

WHAT WOULD I LIKE ABOUT GIVING IT UP?



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WHAT DO I NOT LIKE ABOUT USING IT?



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WHAT WOULD I DISLIKE ABOUT GIVING IT UP?



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