

# Payoff And Cost-Decision Sheet

Complete the following payoff and cost-decision sheet.

**THE ATTITUDE, BEHAVIOR, OR BELIEF THAT I WANT TO CHANGE IS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

On one side of the chart, list the payoff for this attitude, feeling, or belief. On the other side of the chart, list what having this attitude, feeling, or belief costs you.

Payoffs		Costs	
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____
5.	_____	5.	_____
6.	_____	6.	_____
7.	_____	7.	_____
8.	_____	8.	_____
	Total _____		Total _____

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**IS IT WORTH IT TO CHANGE?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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