

Exploring Ambivalence: Benefits and Drawbacks

Benefits and Drawbacks (Pros and Cons) List

- Write down all the benefits of abstaining from use.
 - Examples: “Feeling better physically.” “Having more stable and predictable emotions.” “Improved relationships.” “Feeling better about myself.”
- Write down all the drawbacks of abstaining from use.
 - Examples: “Missing the immediate positive effects of drinking.” “Losing or distancing myself from friends because they might tempt me to drink.” “No longer being able to use alcohol to cope with stress or problems.”
- Write down all the benefits of continued use.
 - Examples: “It helps me take a break.” “It provides an escape from things that are difficult to cope with.” “It can be fun.”
- Write down all the drawbacks of continued use.
 - Examples: “It causes health problems, including physical discomfort when that substance wears off, getting sick, and longer-term effects like liver disease or heart disease.” “It causes or worsens psychological symptoms or illness, such as anxiety or depression.” “It leads to relationship difficulties.”

