

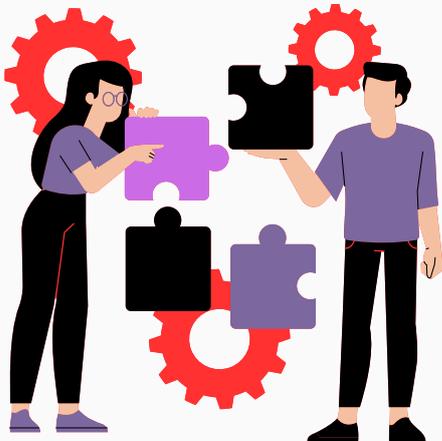
# Cost-Benefit Analysis

The Cost-Benefit Analysis tool is used to evaluate the costs and benefits of a particular project or decision. It allows those making the decisions to weigh the potential benefits against the costs, to determine whether the project is 'of value'.

\*This is a simplified version - main use being to **challenge Unhelpful Thoughts**

**Unhelpful Thought:** \_\_\_\_\_

Advantages	Disadvantages
Eg: Its what I've believed for years	Eg: Keeps me from going out



Now, based on the points you've made, weigh up the thought.

Is the thought worth keeping?

Is there another thought that would be better suited?