

Below is an example of a completed CBA.

The behaviour/activity to consider is:

Smoking Pot

Using or Doing	
Advantages (benefits and rewards)	Disadvantages (costs and risks)
<p>Sample: Relaxes me Something to do with my friends Enjoy listening to music when I am stoned Helps me to zone out and forget my problems Gives me something to do when I'm bored</p>	<p>Sample: Expensive – I don't have money for other things I want to do My partner is unhappy about it and it's affecting our relationship Losing motivation to do other things with my life Have begun coughing up phlegm in the morning Worried about my health Think it's making me feel depressed Worried I am addicted</p>

Not Using or Not Doing	
Advantages (benefits and rewards)	Disadvantages (costs and risks)
<p>Sample: Feel healthier Have more motivation to look for work Able to think more clearly Have more money – be able to save up and buy a car Feel more in control of my life Feel that I am living my life fully, rather than letting it pass me by Be able to go back to uni because I can think clearly</p>	<p>Sample: Will not be able to hang out with my pot smoking friends Won't be able to relax so easily Won't enjoy listening to music in the same way Might get bored more easily</p>