

Paradoxical Thought Cost-Benefit Analysis

List the thought you've selected: _____

Advantages of Believing This Thought

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Paradoxical Habit Cost-Benefit Analysis

List the habit you've selected: _____

Advantages of This Habit

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____