

# The Trade-Offs

A one-page reflection on your relationship with a substance. Fill in all four squares. Five minutes.

If your drinking or your use was doing nothing for you, it would already be easy to stop. The reason it is hard is that it is doing several things at once, and some of them you have not let yourself name. This page names them. Be specific. Be honest. The point is what you see when you look at all four squares together.

<p><b>WHAT DOES USING COST ME</b> <i>Money, time, sleep, health, relationships, freedom.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>WHAT DO I GIVE UP BY NOT USING</b> <i>Relief, sleep, social ease, ritual, identity, the friend group built around it.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>WHAT DOES USING GIVE ME RIGHT NOW</b> <i>Numbness, escape, fun, sleep, distress relief, social comfort, ritual.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>WHAT MIGHT I GAIN BY STOPPING</b> <i>Money, health, freedom, presence, time, clarity, repaired relationships.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

**One question to sit with: Look at the "what does using give me" square. Pick the strongest item. What is one other way to meet that need that you could try this week? It does not have to feel as good as the substance. It just has to be a real option.**

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**If this resonated, the full 23-page workbook goes through five sections like this one (Paying Attention, Trade-Offs, What Matters Most, Your Two-Week Plan, Numbers to Keep Handy). Free download at [avoidrehab.com/guides](https://avoidrehab.com/guides).**

If you have been drinking heavily for months or years, take daily anti-anxiety medication, or use opioids daily, please talk to a clinician before reducing on your own. Withdrawal can be medically serious. **988** for crisis. **911** for emergency. **1-800-662-4357** SAMHSA Helpline (free, 24/7).