

PAYOFF MATRIX

Instructions: Instructions for completing each matrix appear below. For all quadrants, please be as specific as possible about the consequences.

<p>Advantages of Using Substances <i>Consider possible motives for using substances, such as socializing; coping with symptoms or other problems; pleasure and recreation; or something to do</i></p>	<p>Advantages of <u>Not</u> Using Substances <i>Consider potential advantages of not using, such as less conflict with others; fewer symptoms and relapses; fewer money or legal problems; more stable housing; and improved ability to work, go to school or parent.</i></p>
<p>Disadvantages of Using Substances <i>Consider common negative consequences of using substance, such as more severe symptoms; more frequent relapses; conflict with others; money or legal problems; loss of housing; and problems with working, going to school or parenting.</i></p>	<p>Disadvantages of <u>Not</u> Using Substance <i>Consider the potential costs of becoming sober, such as more problems socializing; difficulties coping with symptoms or negative moods; lack of recreation and fun; or having nothing interesting to do.</i></p>

Client Name

Date

ID#

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