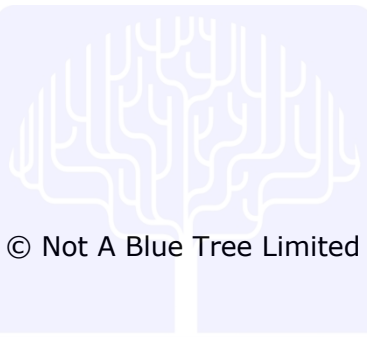


Challenging Beliefs

Changing the beliefs that make doing the addiction OK

| | |
|--|--|
| What's the belief? | |
| What makes you challenge the belief? | |
| How does the cost benefit analysis help? | |
| How does the SWOT analysis help? | |
| What's the new belief? | |



Cost-Benefit Analysis

| | |
|------------------|-------------------|
| Short-term gains | Short-term losses |
| Long-term gains | Long-term losses |

SWOT Analysis

| | |
|---------------|------------|
| Strengths | Weaknesses |
| Opportunities | Threats |