FORM 3.4

Examining the Validity of Costs and Benefits, Short-Term and Long-Term

Often we have thoughts and predictions that seem very real—almost certain—for us, but our thoughts and predictions may prove to be extreme and inaccurate as we examine the evidence. It is important to think about what the short-term and long-term tradeoffs are for us. For example, you might think over the next few hours that there is little benefit in exercising, but if you thought about the long-term—and the possibility of exercising regularly—there might be long-term benefits. Look at some of your thoughts, decisions, and predictions and examine the short-term and long-term tradeoffs.

Thought	**Short-term costs and benefits**	**Long-term costs and benefits**
	Costs: Benefits:	Costs: Benefits:
	Costs: Benefits:	Costs: Benefits:
	Costs: Benefits:	Costs: Benefits:
	Costs: Benefits:	Costs: Benefits:

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