Decision-Making Matrix: Pros and cons of quitting

Instructions: In the sections below, write the pros and cons of quitting and of continuing to use alcohol, tobacco, or other drugs. Provide examples of both immediate and long-term consequences of each decision.

To stop using or remain abstinent

Immediate consequences		Long-term consequences	
Positive	Negative	Positive	Negative

To continue using

Immediate consequences		Long-term consequences	
Positive	Negative	Positive	Negative

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