

# Cost Benefit Analysis of Accepting vs Refusing Treatment<sup>1</sup>

PROS OF ACCEPTING TREATMENT	PROS OF REFUSING TREATMENT
RATING (1 to 10)	RATING (1 to 10)
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

**AND THE WINNER IS:**     **YOU**             **OCD**

If OCD is the winner of your cost benefit analysis, have you truly calculated your losses in your sheets evaluating the losses to yourself, your family and your inability to perform rituals correctly? If the answer is yes, this suggests that you need more work in preparing yourself for treatment before continuing.

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<sup>1</sup> Adapted from *Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Penguin-Putnam. NYC, NY. 2003.