Costs and benefits of a belief

What a belief or rule does for you, and what it costs.

Name _____ Date _____

The belief or rule I am looking at

Advantages of holding it

How does it help or protect me?

Disadvantages of holding it

What does it cost me, and the people around me?

An alternative I could try instead

Advantages of the alternative

Disadvantages of the alternative

On balance, which do I want to live by?

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