



*Utility analysis continued (page 2)*

6. If you answered no, what outcome would you prefer? List the positive things you want to happen and the negative things you want not to happen:

7. How would you need to behave in order to increase the likelihood that this outcome will occur?

8. To make it easier to behave this way, how would you like to feel?

10. In order to feel this way, what thought would you need to experience or what belief would you need to accept? [Hint: the most useful answer is not necessarily the opposite of what you wrote in step # 1. Useful thoughts and beliefs tend to be balanced and realistic, not simply positive]