

REBT Consequences Analysis Form

Target

What is the issue or problem you want to think about?

What are your goals / values?

Short-term consequences

Benefits ✓

Gains, pleasures, comforts

Costs ✗

Damages, harms, losses

Importance

/100

Importance

/100

Long-term consequences

Benefits ✓

Gains, pleasures, comforts

Costs ✗

Damages, harms, losses

Importance

/100

Importance

/100

Best long-term solution

What is the best outcome for you in the long-term?