

## Cost-benefit analysis

Examine the costs and benefits of appraising the situation the way you are, and look for a more cost-effective way.

My thirteen-year-old, Nathaniel, dropped a mug on the kitchen floor and it broke, I, completely lost it.

'The kid is spoiled to death, he just doesn't realise that things cost money, he just doesn't give a damn. He thinks I'll clear up after him, buy everything that's necessary and just act as his slave. Well, it's about time he learned a lesson.'

**The costs** of such as appraisal are heavy: I am stressed-out, agitated and angry with Nathaniel which is wearing down the relationship between us.

**The benefits** of such an appraisal are slim: possibly Nathaniel might be somewhat more careful next time, but it's equally possible he may be so nervous next time he is in the kitchen with me that he is more likely to drop something; or perhaps he might not even risk making himself a drink when I'm about, so I will see less of him around the house.

I think a better appraisal would be that of my best friend or even possibly the reframing i.e. how a person whose life is constantly at risk on a daily basis would view it i.e. 'a broken mug is nothing to worry about'.