

Cost of Therapy vs. Other Expenditures

When deciding whether you can afford to pay for therapy, it may be helpful to carefully consider the cost and value of other common expenditures. Consider the examples below.

- What is the cost of one month's payment on your car loan?
- How much do you spend per month on cable?
- How much do you spend on renting movies?
- How much do you spend on eating out instead of preparing your own meals at home?
- How much did you spend on your last weekend trip?
- How much do you spend per month on cigarettes, alcohol, or lottery tickets?
- How much do you spend on credit card bills per month?
- What is on your credit card bill?

Of course, the value of each of these items can only be determined by you—they are provided as examples to consider. However, keep in mind that therapy can be a time-limited investment that can have long-term payoff in your quality of life.