

## Identifying and Dealing with High-Risk Situations

Identifying situations where you really wanted to use alcohol and/or other drugs (or used too much) can help you avoid drug-related trouble in the future.

Consider the last few times that using alcohol and/or other drugs got you into trouble, and think about what was different between those times and the ones where you didn't get into trouble. In the chart below, list your high-risk situations and brainstorm ways you might deal with them in the future.

### My high-risk situations are ...

... linked to these **places** (e.g., Pete's house):


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I can avoid these places or make them safer by...

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... linked to these particular **times** (e.g., weekends, parties):

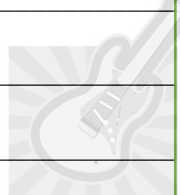
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I can make sure these times don't get me into trouble by...

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... tied to these **people** (e.g., Pete):

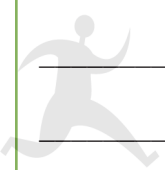
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I can make my relationships with these people safer by...


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... tied to these **emotions** (e.g., anger, boredom, depression, stress):


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I can learn to handle these emotions better by...

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