

Identifying & Managing High-Risk Situations

Identifying situations where you might lapse into old behaviours (e.g., you might really want to use alcohol and/or other drugs) can help you avoid trouble and stay on track with the changes you are making.

Consider the last few times that something you did got you into trouble. Next, think about times when you didn't get into trouble. What was different? Your answers may be able to help you avoid trouble in the future. Use the chart below to identify high-risk situations and brainstorm ways you might deal with them.

My high-risk situations are ...



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

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



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

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



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

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



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

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