

Coping with High-Risk Situations



Instructions: For each of your high-risk situations, briefly write down at least one thing you can do to cope with that situation.

High-Risk Situation	How I Will Cope
Offers or pressure to use substances	1. _____ _____
Feeling depressed	1. _____ _____
Feeling anxious	1. _____ _____
Trouble sleeping	1. _____ _____
Boredom or having nothing to do	1. _____ _____
Cravings to use substances	1. _____ _____
Having money in my pocket	1. _____ _____