

High Risk Situations

Name: _____

Date: _____

	High Risk Situation	How risky to use?	How often does it happen?	Total Score
	<i>Score the items below based on each of the questions listed. You will think about how risky the item is for you and then how often that situation, thought, or feeling happens in your life.</i>	0 = Not Risky	0 = Never	
		1 = Somewhat Risky	1 = Less than 1 time per month	
		2 = Risky	2 = More than 1 time per month	
		3 = Very Risky	3 = Almost weekly	
1.	I had a hard day at work.			
2.	I am feeling sad.			
3.	I am thinking that I hate my life.			
4.	I have had an argument with a friend.			
5.	I am with friends and they begin to use.			
6.	I am feeling lonely.			
7.	I had a good day at work.			
8.	I live with someone who uses.			
9.	I am feeling angry.			
10.	I am thinking about painful events from my past.			

11.	I am thinking about future problems.			
12.	I have gotten into an argument with my boss or co-worker.			
13.	I am feeling very stressed out.			
14.	I am going to a social event where I think I'll feel uncomfortable.			
15.	I am thinking that everyone uses.			
16.	I get into a lot of arguments.			
17.	I am thinking that I need a "pick me up."			
18.	I am feeling happy.			
19.	Someone close to me has just recently passed away.			
20.	I am missing my family member(s).			
21.	I am at a party where there are drugs/alcohol.			
22.	It is my birthday.			
23.	I just lost my job.			
24.	I am thinking that there is no real reason to stop using.			
25.	I am in physical pain.			
26.	I am thinking that I have tried to quit before.			
27.	I am thinking that I do not have a problem.			
28.	I just got some good news about someone I care about.			
29.	I have had a fight with someone I care about.			
30.	I am thinking that I will stop using later.			

31.	I run into an old friend who I used to use with.			
32.	I am thinking it is just marijuana.			
33.	I am feeling tired.			
34.	I am celebrating a special event.			
35.	I am feeling frustrated.			
36.	I am thinking that I am a failure.			
37.	I want to fit in.			
38.	I am thinking about the “good ole times” using in the past.			
39.	I am hanging out and my friends/family start to give me a hard time.			
40.	I am thinking that I deserve to catch a buzz.			
41.	I am thinking that I can go to a party and not use.			
42.	I have a conflict with a person in authority.			
43.	I am thinking that using has not caused me any problems.			
44.	I just got bad news about someone I care about.			
45.	I am feeling bored.			
46.	I am thinking that using is no big deal.			
47.	It is my friend’s birthday.			
48.	I am thinking that I am always going to use.			
49.	I am thinking about how much I like the feeling of getting buzzed.			
50.	I am thinking that I just need to get buzzed.			