

Identifying High Risk Situations

Name: _____

Date: _____

List five high situations you believe will be a challenge for you in the future. Write the situation in objective terms and remember the situation is what occurred just prior to your decision to use substances.

High-Risk Situation 1	
High-Risk Situation 2	
High-Risk Situation 3	
High-Risk Situation 4	
High-Risk Situation 5	