

Roll a Role

Name: _____

Date: _____

Each group member will have an opportunity to practice using one of the coping by thinking strategies in a different situation. When it is your turn, roll a set of dice. Use the coping by thinking strategy that corresponds with the number on one of your die. The second die will determine what situation you will apply the skill to. See the chart below to determine your skill and the situation.

Coping by Thinking Skills

- 1 - Use Replacement Thoughts
- 2 - Use Positive Self-Talk
- 3 - Use Urge Surfing
- 4 - Fill out a Behavior Chain
- 5 - Complete a Decisional Balance
- 6 - Examine short- and long-term consequences and make a decision

High Risk Situations

- 1 - Your probation/parole officer just denied your request for a travel pass to visit your child.
- 2 - Your best friend asks you to get high for “old time’s sake”.
- 3 - You get injured in an accident and you want to take an extra pain pill.
- 4 - You walk in your home and find your partner getting high behind your back and they have a bag of dope.
- 5 - Your brother offers you a hit off a joint. He tells you that it won’t hurt because it’s not your drug of choice.
- 6 - You got high last night and will test positive for drugs at your next probation meeting. You have drugs left over and want to get high again.