IDENTIFYING HIGH-RISK SITUATIONS – WORKSHEET

Read the instructions on Treatment Module 2 pages 26 to 28 to help you complete this worksheet.

High-risk situation 1: A high risk-situation that may occur is:

When I am at __________________________________________________________

I am usually with ___________________________ / I am alone.

It is usually ___ day/ any day between ___ am/pm and ___ am/pm.

What usually happens is

_______________________________________________________________________

Usually my thoughts/ feelings at the time are

_______________________________________________________________________

The things that I will try when this situation occurs again are:

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________
High-risk situation 2: A high risk-situation that may occur is:

When I am at ____________________________________________________________

I am usually with ___________________________/ I am alone.

It is usually ___ day/ any day between __ am/pm and __ am/pm.

What usually happens is

________________________________________________________________________

Usually my thoughts/ feelings at the time are

________________________________________________________________________

The things that I will try when this situation occurs again are:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________