



How to identify high-risk situations

What situations, times, places, people or feelings increase your desire to use substances?

Are there particular situations when you use drugs more than you mean to or when you use when you don't mean to?

If you can identify your high-risk situations it will help you to understand your substance use and risks. It can help you plan to respond to high-risk situations and set guidelines that can help you.

Are your high-risk situations:

- in particular places? (e.g., at home, a friend's place, a club, etc.)
- around certain people? (e.g., your partner, particular friends, etc.)
- at particular times? (e.g., after dinner, on weekends, etc.)

Are your high-risk situations tied to certain thoughts and feelings? For example, when you:

- think you can't cope?
- feel depressed, angry, guilty, stressed or worried?
- feel like celebrating?

Think of the last few times your substance use got you into trouble....and when it didn't. What's the difference between these occasions?

Look at the **Substance Use Diary** on the How to track your use sheet. Was there a situation when you used more than you meant to, or used when you didn't mean to or when you tended to have more negative things happen?

Example

John identified two high-risk situations

A: I use cannabis to relax when I get home from work.

B: I feel pressured to use more than I want to at parties with my mates.

Can you identify your high-risk situations? List them here.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____