TIP SHEET 7.9 Client Worksheet: Managing my high-risk situations

Situation (Consider time, location, place, who you were with, your mood etc)	What is going on in my body?	How am I feeling?	What am I saying to myself, and how true is this really?	If I relapse, how will this help me now, and in the future?	What could I do that will help me feel better now and keep me on track?