

**CWSH 4: Client work sheet High-risk situations**

High-risk situations are those situations in which you find it particularly difficult not to drink or use drugs. High-risk situations can be related to your emotions, thoughts, people, places, and events. It is important that you know what your high-risk situations are, if you are going to be able to avoid relapse in the future.

**Feelings**

These include good and bad moods, and boredom. For example:

‘I just got a job, so I had to celebrate.’

‘I was just walking down the street and these cops came up and started hassling me. I was just so stressed out, I couldn’t cope, so I used.’

Jot down your high-risk feelings below:

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**Thoughts**

Include those things you say to yourself that make you want to use. For example:

‘I am nothing but a no-good junkie. I’ll never be able to give up.’

‘It’s just one taste. One taste won’t hurt. I deserve just one more taste.’

Jot down your high-risk thoughts at the top of the next page:

