

TEN MOST COMMON HIGH-RISK SITUATIONS

1. Feeling bored, lonely, angry, guilty, helpless, or anxious and dwelling on the past mistakes.
2. Having positive feelings that in the past were associated with getting high.
3. Severe stress at home or on the job.
4. Exhaustion or fatigue.
5. Doubting that you have an alcohol or drug problem and believing that you can safely return to controlled use.
6. Hearing or telling “war stories.” Romanticizing the “good times” using alcohol or• drugs.
7. Continuing other addictive behaviors such a compulsive gambling, sexuality, eating or working.
8. Being around people, places, and in situations previously associated with your use of alcohol or drugs.
9. Using alcohol, marijuana, sleeping pills, tranquilizers or any other mood altering drug.
10. Have extra cash on hand.

TEN TIPS FOR DEALING WITH HIGH-RISK SITUATIONS

1. Plan ahead, plan ahead, plan ahead.
2. If you find yourself in a high-risk situation, get out of it immediately, no matter what. Don’t act helpless. Don’t make excuses to yourself for being there.
3. Don’t go to bars, clubs, or parties where you think it will be difficult to resist using alcohol or drugs. Don’t go at all early in recovery.
4. Avoid being with people who will influence you to use alcohol or drugs or who will use in your presence.
5. Talk openly and honestly with others about your high-risk situations before you’re confronted with them.
6. Make sure you have the phone numbers of at least five supportive sober people you can call in case you’re in danger.
7. Make sure someone is accompanying you (possibly others in your 12 Step Program) when you face unavoidable high-risk situations, such as holiday celebration or anniversaries, family functions.
8. Display your list of high risk situations in a prominent, private place such as on your bathroom mirror, on your refrigerator, or on the inside of your front door.
9. Always have a Plan B, (alternate activities) available in the event that plans fall through or you need to escape immediately from high-risk situation.
10. Think positively in the face of danger. Say to yourself: This too will pass. I will get through this without using. I will feel much better about myself if I cope with this danger successfully.