

Coping with high-risk situations

Worksheet | June 2024

Make a list below of your personal high-risk situations and/or triggers and a plan for dealing with them. Examples include being with friends, at a party, feeling down or anxious, relaxing at home, getting paid, celebrating.

Make sure your plan/strategy is realistic and something you can easily do. It should also be enjoyable if possible.

High-risk situation / triggers	Strategy or plan

Remember: if you have a slip up or lapse, don't beat yourself up. These are all experiences we learn from. Reflect on where the slip up was (maybe it was going into a situation and not anticipating other people's use, or maybe it was not being prepared about what to say if someone offered you something).

Reference: The Sydney Children's Hospital Network. Clinician's Guide to Supporting Young Adults Quit Vapes. Sydney; 2023.

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