***Coping with High-Risk Situations***

* Give examples of high-risk situations:
	+ Social pressures to get high or use
	+ Interpersonal problems or relationship conflicts
	+ Lack of social supports or a recovery network
	+ Inability to solve problems or manage stress
	+ Strong cravings or urges to use drugs, including alcohol
	+ Lack of structure in daily life or involvement in a regular program of recovery
	+ Positive feelings and a desire to celebrate
	+ The coexistence of a major psychiatric disorder along with the addiction
	+ Failure to follow through with a recovery program and attend counseling sessions and self-help groups
	+ Negative feelings, particularly anger, sadness, depression, loneliness, guilt, fear, and anxiety
	+ Boredom
	+ Physical pain
	+ Listening to drug use stories and dwelling on getting high
	+ Suddenly having a lot of cash
	+ Using prescription drugs that can get you high even if you use them properly

* Identify two personal high-risk situations
	+ Identify high-risk situation and 5 or more ways to handle the situation without using drugs