***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