

High Risk Situations Worksheet

High-Risk Situation 1

Plan

| | |
|--------------------------------|-------------------------------------------|
| Describe situation (in detail) | Coping strategies |
| | Helpful thoughts |
| | What you can say to others (if necessary) |

High-Risk Situation 2

Plan

| | |
|--------------------------------|-------------------------------------------|
| Describe situation (in detail) | Coping strategies |
| | Helpful thoughts |
| | What you can say to others (if necessary) |