



Risk Situations or Triggers

What are your risk situations? These may include seeing someone who sells you your drugs or uses it with you/drinks with you, or walking up a road where you know you can buy it. Make a list of these situations or triggers and a plan for dealing with them in the boxes below.

Risk 1:
What is the risk?
What are the triggers?
How have you dealt with this in the past?
How do you plan to deal with this in the future?
What support will you need / want with this?

Risk 2:
What is the risk?
What are the triggers?
How have you dealt with this in the past?
How do you plan to deal with this in the future?
What support will you need / want with this?



Risk Situations or Triggers (continued)

Risk 3:
What is the risk?
What are the triggers?
How have you dealt with this in the past?
How do you plan to deal with this in the future?
What support will you need / want with this?

Risk 4:
What is the risk?
What are the triggers?
How have you dealt with this in the past?
How do you plan to deal with this in the future?
What support will you need / want with this?