

Recognize, Avoid, Cope, Evaluate

This form is designed to help you keep track of situations (people, places, things) that increase your risk of getting into trouble. List the situations that you have recognized as being high-risk for you and how you plan to avoid them. If you can't avoid them, describe how you will cope with them. Finally describe how your avoidance and coping strategies have worked if you have tried them out. Think of ways you can improve your avoidance and coping skills each time you try one. Last, be sure to use self-reinforcement when you avoid or cope successfully.

Recognize	Avoid Can you avoid? Plan to avoid	Cope If you cannot avoid, plan to manage	Evaluate if Used How can you better handle the scenario? What did you do well?