

RACE

(Material adapted from Spruance, Lowenkamp, and Latessa (2005). Carson City, NV: Change Companies)

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, how you plan to avoid them, if you can't avoid them how you will cope with them, and finally, 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 Learn to recognize high-risk situations	Avoid Can you avoid? Plan to avoid	Cope If you cannot avoid, plan to manage	Evaluate How can you better handle the scenario? What did you do well?