

High Risk Situations

A high risk situation is a situation that poses a threat to the persons' sense of control and increases the risk of using drugs/drinking again.

What things are more likely to make most people use/drink?

The big 3 (Marlatt and Gordon '80)

1. Downers- negative emotional states

Moods, anger, anxiety, boredom

2. Rows – conflicts and arguments with other people

3. Joining the crowd- social pressure, responding to the influence of another person

Direct persuasion

Indirect- being in the presence of people doing it

Other common states leading to using/drinking

4. Testing control- Having just one drink, hit, joint to test will power. Putting yourself in risky situation.

5. Physical discomfort- Chronic pain, withdrawal, illness, toothache.

6. Positive feelings- occasions, holidays, good fortune.

7. Urges and Cravings

There are 2 types of responses to high risk situations:-

1. Adequate coping response (prepared)

- ↑ Self-confidence to deal with the same situation in the future
- ↑ Confidence that you can control your misuse
- Makes lapse or relapse less likely

2. Inadequate coping response (unprepared)

- ↓ Self confidence
- ↑ Belief that you cannot control your misuse
- Makes lapse or relapse more likely