



How does meth affect your life?

Identifying and managing high-risk situations

High-risk situations are those challenging situations that link to your use. These can be internal (emotions such as being bored, stressed, frustrated) or external (such as places, people, or situations).

Think about the last few times when you used... and when you did not. What is the difference between these occasions?

Write down your 'high-risks' below, and rate them between 1-10 where 10 means the highest risk.

My high-risks (internal and external)	Rate the risk (1-10) (10 = highest risk)

Managing high-risk situations

Rather than waiting until you are under pressure, work out beforehand some ways of coping. You'll feel more in control if you have prepared for a difficult situation.

There are various ways in which you can manage high-risk situations. Two useful strategies are problem-solving and being assertive, which are described in this resource. Other strategies that can help include challenging unhelpful thoughts, mindfulness, relaxation and grounding.

Alcohol and Drug Support Line

The service is available 24/7 via phone
Phone: (08) 9442 5000
Country callers: 1800 198 024
Email: alcoholdrugsupport@mhc.wa.gov.au

Emergency

In an emergency call 000 for an ambulance immediately.



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Problem Solving

Below are 5 steps to follow when you are attempting to solve a problem. Always problem-solve by writing things down. Focus on one problem at a time.

1. Identify the problem

As an example, you have been invited to a friend's party where you know people will be using meth.

Write your problem here:

2. Brainstorm all solutions.

Write down even those that may seem crazy or impractical. For example:

- Not go to the party.
- Before the party let your friend know that you are not using.
- Go to the party late and leave early.
- Go to the party and say "no thanks" to meth when offered.
- Make an excuse. For example refuse to use as you are driving.

Brainstorm here:

3. Weigh up the costs and benefits of each solution.

Costs (Negatives)

Benefits (Positives)

Costs (Negatives)	Benefits (Positives)

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Think about what is likely to happen if you try each one?

Brainstorm here:

4. Choose the best solutions.

Once you have looked at the costs and the benefits of each solution you need to choose the ones that will work best for you. Choosing solutions does not necessarily mean that you choose the ones that have the most positives and the least negatives. You need to choose what you think will be best for you based on what is important to you.

For example, before the party let your friend know that you are not going to be using.

Best solution:

5. Put a plan in place.

For example:

- Make a call to your friend and let them know you have stopped using.
- Ask your friend for their support whilst at the party. This may involve them not offering you any meth and reminding you of why you have given up.
- If you are feeling uncomfortable at the party and feel like using, chat to your friend.

Your plan:

If this does not work out, look at what happened, and where it went wrong. Try to come up with new solutions.

Note: It is worth remembering that life will inevitably throw temptations at you. The strategies and confidence you have developed from other situations can help you to problem-solve in other situations. Dealing with high-risk situations or unexpected situations gets easier with practice!

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Assertion

One good way to control your use is to be able to say “no”. Assertion is a skill that helps you to act in line with your values and goals. It involves standing up for yourself and expressing your feelings, thoughts and opinions openly and honestly. It is important not to be aggressive or interfere with other people’s rights.

If you have always said “yes” in the past, it can be hard to say “no” the first time. But once you have taken the first step it will get easier and you will feel good about yourself.

When being assertive it is best to:

- Use a calm firm voice.
- Speak at a steady even pace.
- Use direct eye contact.
- Keep it simple.
- State your needs, feelings, opinions and thoughts clearly.
- Use “I” statements

“I feel _____ (taking responsibility for your feelings)

when you _____ (stating the behavior that is a problem)

because _____ (what you object to in the behavior or its results)

I’d appreciate it if _____ (offering an alternative to the behavior).”

- State your position, the reason for your decision and acknowledge what the other person has said.

Your plan:

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