

WORKING THROUGH DANGEROUS SCENARIOS

1. Describe a situation where you are likely to relapse.
2. Typically what would that lapse or relapse look like for you?
3. What are the painful unintended emotional consequences for you? (like shame, guilt, isolation, self-judgements, etc.)
4. What are the painful unintended relational consequences for you? (family, friends, work)
5. All lapse/relapses involve a double bind. For this Hot Spot, what is your double bind?
6. Which double bind choice is the choice you usually avoid?
7. Usually the right choice is the hard choice, what is the right choice in your double bind?
8. Create a plan for the next time you are in a similar situation. *Please use back of this page.*
9. Who will provide accountability and what would that accountability look like? *Again, please use back of this page.*