

RACE: Recognize, Avoid, Cope, Evaluate

This form is designed to help you identify situations (patterns) in your life (people, places, things) that increase your risk of getting into trouble. List the situation (people, places, things) that you have recognized as being high-risk (resulting in negative outcomes) for you and how you plan to avoid the situation. If you cannot avoid the situation, describe how you will cope with them. Try and be as specific as possible in your plan to cope. Finally, evaluate how your avoidance or coping strategies have worked for you once you try them out. Note what you did well and also what you might need to improve/change.

Recognize	What is the high-risk situation (people, places, things, thoughts)?
Avoid	What steps can you take to avoid (be specific)? *Skip to Cope step if you can't avoid
Cope	If you can't avoid, what steps or skills will you use to avoid a negative outcome?
Evaluate	Evaluate your progress or outcome: This part of the worksheet is done after you encounter the high-risk situation and evaluate how you handled it. Are you satisfied with your plan? What would you like to improve?