Session 29: High-Risk Situations: The Personal Prevention Plan

PHASE 4 — LIVING FREE: PREVENTION AND PURPOSE (WEEKS 6–8) · WEEK 6 — RELAPSE PREVENTION

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 29 handout (Saying No in Your Own Words) — in the Handouts Packet.

What we're learning

A high-risk situation is any situation where your chain speeds up: a holiday, a route, a certain visitor, cash in hand, a fight at work, a celebration, a funeral, a lonely weekend after a victory. General lists do not protect us. Calendars do. We look at your actual next 90 days, name what is coming, rate each risk 1–10, and write an if–then plan for each one — with an exit, a person, and a destination. Avoid it or manage it: every situation gets a verdict.

- If–then beats willpower A decision made once, calmly, in this room carries us through a moment when decision-making is exactly what craving disables.
- Every plan ends with people The destination of every escape in this curriculum is toward community, never toward white-knuckled solitude.
- Celebrations are high-risk too Promotions, completions, good news, 'I've earned it' — permission-giving euphoria belongs on the list beside grief and conflict, and surprises no one here.
- Avoidance is a season, not a life sentence Some places return to our lives later, from strength. This season's 'not yet' protects next year's possible 'yes.'

Goals for this session

☐ I can list and rank my five highest-risk situations for the next 90 days specifically

☐ I can write an if–then plan for each: if this situation arises, then I will do this, with this person

☐ I can identify one situation to avoid entirely this season and the logistics of avoiding it

Check-in

What situation — place, event, payday, person, or feeling — worries you most about the next three months? Say it plainly; the room probably shares it.

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Walk your next 90 days: what dates and events belong on the list that a generic list would miss?

2. For your top situation, dictate your if–then plan aloud — does it have an exit, a person, and a destination?

3. Which situation gets a 'not yet' — and what will you tell the people involved, in words you could actually use?

4. Who besides you knows these plans exist — and how will they know when one has fired?

Session 29 — Skill Practice

Planning workshop: participants build the 90-Day High-Risk Plan table in workbooks (situation, risk 1–10, if–then plan, person, destination, avoid-or-manage verdict). Facilitator audits a sample aloud (volunteers only) against the exit–person–destination test and helps repair thin plans. Each participant then briefs their accountability partner on their top two plans in detail — the partner's job is to ask, that week, 'is the cookout still Saturday? Walk me through your exit.'

Build your 90-Day High-Risk Plan in the table below: situation / risk 1–10 / if–then plan / person / destination / verdict: avoid or manage.

Situation (next 90 days)	Risk 1–10	My if–then plan	Person	Destination	Avoid or manage?

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Brief your coach on the full plan this week. Put the relevant if–then plans on cards where the situations will find you (wallet, phone, visor). After any plan fires — used or nearly used — write the debrief in your workbook within 24 hours: what worked, what to strengthen.

Space to do the homework and note how it went:

An optional Scripture handout for this session is available from your facilitator on request.