

My personal risk factors

Risky situations/places

Why are these risky for me?

How have I coped in the past?

Did this work and why?

Risky feelings

Why are these risky for me?

How have I coped in the past?

Did this work and why?

Risky thoughts

Why are these risky for me?

How have I coped in the past?

Did this work and why?

Risky behaviours

Why are these risky for me?

How have I coped in the past?

Did this work and why?

Risky people

Why are these risky for me?

How have I coped in the past?

Did this work and why?