

GENESIS PROCESS

HIGH-RISK SCENERIO WORKSHEET

**Instructions:** Think of a situation that may be coming up for you that, in the past, caused you to slip back into old coping behaviors. Use the Faster Scale to identify your behaviors in each step. Think of something that really "pushes your buttons" in a way that causes you to get stuck or react in a way that is destructive.

1. Describe what a high-risk scenario for you might be.

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2. Why has this been dangerous for you in the past?

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3. Potential for relapse that this causes me:

High \_\_\_\_\_ Medium \_\_\_\_\_ Low \_\_\_\_\_

4. Using the things you underlined from the Faster Scale to fill out each following section, describing the potential relapse sequence. What would be your sequence and behaviors in each section?

Remember, you may not get down to the "Ticked-off" or "Exhausted" stage. A relapse for you may be in the "Forgetting Priorities" or "Speeding Up" stage.

F = Forget Priorities \_\_\_\_\_

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A = Anxiety \_\_\_\_\_

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S = Speeding Up \_\_\_\_\_

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T = Ticked-off

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E = Exhausted \_\_\_\_\_

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5. What denial, excuse, or false belief system would support this relapse sequence? Review your work in Process 4. \_\_\_\_\_

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6. How can you stop this scenario from leading to relapse? \_\_\_\_\_

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