Day 2, Handout 4

## Risk identification and problem solving

## A key aspect of the post quit sessions is going to be identifying high-risk situations and supporting the patient to take a problem solving approach, planning ahead for these and considering strategies that will help.

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| **Risk situations:** List as many risk situations as  you can that may trigger strong cravings or lapse/relapse, consider:  – situational triggers  – emotional triggers  – thought triggers ‘I’ll just have one’ |  |
| **Problem solving:** List questions that will help  the patient to explore solutions  to high-risk situations |  |

There may be times when the patient is struggling to come up with strategies for the above situations, you may also have ideas to add to the patient’s strategies. If you were to provide a menu of options, what would they be? Build a list of options here:

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| **Menu of options** |