



## External Pitfalls Quiz

This quiz will help you to think about and identify what people, places and situations you will need to devise coping strategies for during your MOB.

Tick your possible pitfalls below - and use the blanks for anything we've missed.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Home alone                | <input type="checkbox"/> Birthdays             | <input type="checkbox"/> Using the phone           |
| <input type="checkbox"/> Home with friends/partner | <input type="checkbox"/> When gambling/betting | <input type="checkbox"/> On Fridays/weekends       |
| <input type="checkbox"/> At a friend's home        | <input type="checkbox"/> In the supermarket    | <input type="checkbox"/> On payday                 |
| <input type="checkbox"/> Parties and celebrations  | <input type="checkbox"/> After work            | <input type="checkbox"/> With family               |
| <input type="checkbox"/> Watching sports           | <input type="checkbox"/> Watching TV/film      | <input type="checkbox"/> On the internet/gaming    |
| <input type="checkbox"/> With colleagues           | <input type="checkbox"/> When cooking          | <input type="checkbox"/> Getting in from work      |
| <input type="checkbox"/> In bars/clubs             | <input type="checkbox"/> Eating evening meal   | <input type="checkbox"/> After kids are in bed     |
| <input type="checkbox"/> Beach/holiday             | <input type="checkbox"/> Meeting new people    | <input type="checkbox"/> After the gym             |
| <input type="checkbox"/> On dates                  | <input type="checkbox"/> After work            | <input type="checkbox"/> Meal with friends         |
| <input type="checkbox"/> In restaurants            | <input type="checkbox"/> Hearing bad news      | <input type="checkbox"/> Bar/pub/club with friends |
| <input type="checkbox"/> When the weather is good  | <input type="checkbox"/> Celebrating good news | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> When the weather is bad   | <input type="checkbox"/> After arguments       | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> Work events               | <input type="checkbox"/> Meeting an old friend | <input type="checkbox"/> _____                     |

List your SAFE situations and places you can be and hang out, and SAFE people who you know will help you stay on-track for a successful MOB.