

Risk Ranking Worksheet

(SAMPLE)

Write down any risky behaviors you have engaged in while drinking and rank them.

Risks Associated With My Drinking	Very High Risk	High Risk	Moderate Risk	Low Risk
Drunk driving	4	3	2	1
Unsafe sex with strangers	4	3	2	1
Drunk dialing	4	3	2	1
	4	3	2	1
	4	3	2	1
	4	3	2	1
	4	3	2	1

Write down a plan to avoid each of these risks in the future.

Behavior	My Plan
Drunk driving	Leave car keys at home and take taxi to and from bar
Unsafe sex with strangers	Always carry condoms
Drunk dialing	Turn my cell phone off and put it in a drawer when I drink at home