Social Pressures Worksheet

Instructions: List specific direct or indirect social pressures to use alcohol, tobacco, or other drugs that you expect to face. For each social pressure you list, use the scale below to rate the degree of difficulty you believe you will have coping successfully with that pressure. Finally, list coping strategies you can use to cope with these social pressures.

0 ——— 1 ——— 2 ——— 3 ——— 4 ——— 5

No Threat — Moderate Threat — Severe Threat

Social pressures	Degree of difficulty (0–5)	Coping strategies
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	
	0	

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