**Looking Ahead for Trouble**

Smart travelers look ahead for possible trouble. By looking ahead for rough spots in the road, they can handle tough situations better. Travelers who see the trouble ahead on the road can make changes to steer around the problem. In the same way, people who quit drinking can look ahead for difficult situations. Smart people plan for the rough spots.

Everybody who has stopped drinking has faced people, places, or things that made it difficult to stay sober. Some situations are more difficult than others. For you, some situations will be easier to handle. Other situations will be more difficult to manage.

What are your rough spots? What people, places, emotions, or things can be trouble for you? Think of what goes with drinking:

- People
- Places
- Emotions, like sadness, anger, boredom, and happiness
- Events, like parties
- Things you see, like bottles
- Problems with your partner
- Problems with your children
- Good times

Some rough spots are harder and others are easier to handle. You can usually tell ahead of time how hard something will be. By thinking about how hard different situations can be, you can be ready for the tougher ones.

We want you to write down all your difficult situations. Try to think of anything that could get you feeling like drinking. Try to write them down in order, from the hardest to the easiest.

Then we want you to rate how hard each situation is for you. The easiest way to do this is by using numbers. Use numbers between 0 and 100 to describe each situation. Larger numbers mean that the situation is harder to handle. Smaller numbers mean that the situation is easier. Something that is no trouble at all would get a number 0. Something that would be very hard for you to handle would get a higher number. The number 100 would mean that the particular situation was the most difficult one for you to handle without drinking.