

## WORKSHEET 6C

### UPCOMING APPARENTLY IRRELEVANT DECISIONS – JO'S STORY

Preceding Event/ Situation	Apparently Irrelevant Decision	What Could Have Been Done Differently?	Pros of Doing Things Differently	Cons of Doing Things Differently	Safe Alternative
Ross invited me to his wedding reception.	Accepted invitation.	Turn down invitation.	Avoid a risky situation.	It wouldn't be nice to miss his wedding reception.	Rehearse drinking refusal skills. Review motivation exercises. Leave early.
Parents have asked me to go on	(Option 1) Decline offer.	N/A	Avoid risky situation.	Greatly disappoint parents.	Discuss with Marcus. Accept, but,

holiday with them during winter break.

(Option 2)  
Accept offer.

N/A

Please parents and good for family.

Committed to risky situation without having thought things through.

prior to holiday, prepare myself (i.e. plan things to do on holiday, rehearse drinking refusal skills, and review my exercises).