

Personal Risk Factors

- _____ You have at least one family member who suffers from addiction.
- _____ You have had depression, anxiety, post-traumatic stress disorder, or other psychological problems.
- _____ Your parents or other role models used alcohol or drugs excessively around you when you were growing up.
- _____ Your parents or other role models engaged in criminal behavior consistently when you were growing up.
- _____ You had friends and acquaintances at school who were using drugs and alcohol when you were in your teens.
- _____ You had trouble in school as a child (for example, a learning disability or poor grades).
- _____ You had difficulty making or keeping friends or feeling like you “fit in” with your peers when you were growing up.
- _____ There was a lot of chaos and conflict at home when you were growing up (for example, lots of fighting between the adults in your home).
- _____ You were physically or sexually abused.
- _____ You started experimenting with alcohol or drugs as a child or in your early teen years.
- _____ You have smoked or injected drugs.
- _____ You had some traumatic experiences in your life prior to starting to use alcohol or drugs excessively.

Protective Factors



Protective factors are things that contribute to mental health, and allow a person to be resilient in the face of challenges. Someone with a lot of protective factors—such as strong relationships and healthy coping skills—will be better equipped to overcome life’s obstacles.

Many protective factors are out of your control. For example, genetics, the neighborhood where you grew up, and family cannot be changed. However, plenty of factors *can* be controlled. You choose the people in your life, how to cope with problems, and how you’ll spend each day.

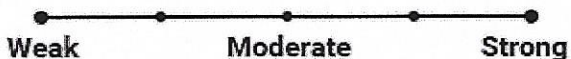
By focusing on what you can control, and building upon those protective factors, you will improve your ability to cope with many of life’s challenges.

My Protective Factors

Instructions: Review each of the following protective factors, and mark the scales to indicate how well you are performing in each area.

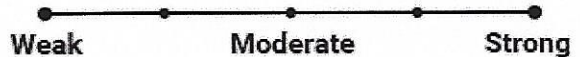
Social Support

- ability to talk about problems
- people to ask for practical help (e.g. a ride if car breaks down)
- feelings of love, intimacy, or friendship



Coping Skills

- ability to manage uncomfortable emotions in a healthy way
- awareness of one’s own emotions, and recognition of how they influence behavior



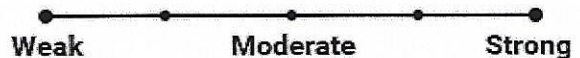
Physical Health

- adequate exercise or physical activity
- a balanced and healthy diet
- medical compliance (e.g. taking medications as prescribed)



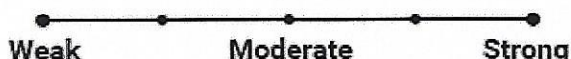
Sense of Purpose

- meaningful involvement in work, education, or other roles (e.g. parenting)
- understanding of personal values, and living in accordance with those values



Self-Esteem

- belief that one’s self has value
- acceptance of personal flaws, weaknesses, and mistakes
- belief in ability to overcome challenges



Healthy Thinking

- does *not* ruminate on mistakes, personal flaws, or problems
- ability to consider personal strengths and weaknesses rationally

