WaySafe!

Mapping Your Way to a Healthy Future

Participant Workbook

Workbook 5

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Risk
Scenes

Introduction

The funny thing about risks

What's funny about risks is that most people <u>know</u> that something is risky, but they go ahead and do it anyway. Lighting up a cigarette, drinking and driving, betting your paycheck on a long-shot horse are a few examples.

What helps people avoid risks?

Very few people actually want to harm themselves. It's only logical. If every person who is living with HIV right now had known that having sex with THAT person would get them infected, they would not have done it. If John had known that talking on his cell phone would cause the accident that left him paralyzed, he probably would have hung up the phone.

One thing that can help people avoid risks is planning ahead. In other words, giving some serious thought to risky situations that might occur in our lives that might expose us to harm or illness or relapse. Identifying those "risk scenes" and rehearsing how we might respond in a way that protects our best interests is one solution.

You can think of it as a vaccine, like a flu shot. Preparing ahead of time for situations where we might make risky decisions, planning responses, and rehearsing can help prevent a risk scene from turning into a bad scene.

Growing good intentions

Here's the bottom line. In our <u>minds</u>, we usually <u>intend</u> to do the right thing. We fully intend to stay safe, not take unnecessary risks, use our common sense. However, when the risky decision we face has a lot of emotional *"want to"* associated with it, we will often ignore the risks. But there is a way to keep focused on those good intentions.

<u>Intentions</u> turn into <u>behavior</u> with the help of our beliefs. It happens when:

>   We <u>believe</u> that what we intend to do is <u>important </u>or <u>makes sense</u>
>
>   We <u>believe</u> that what we intend to do fits our <u>values</u>
>
>   We <u>believe</u> that we are <u>capable</u> of doing what we intend to do

For example, let's say Mary intends to go to a clinic to ask for an HIV test. Mary believes this is important because she is thinking about having a baby, she also believes it would be wrong to pass HIV to an unborn child, and she believes she is able and capable to make an appointment and go in for the test.

With all of this, there is a very good chance that Mary's intentions will become action – she will very likely have an HIV test before she gets pregnant.

Here's a map that helps outline the key points:

How can we take actions on our intentions to avoid risks?

We can turn our good intentions into reality by setting goals for specific situations and making plans for how we will push those goals forward. We all have intentions to avoid risks that could hurt us or others. HIV and HepC are very real risks.

In terms of HIV and other serious viruses passed through blood and sex, there is a good place to start. We have to think honestly and seriously about any risks of exposure we may have had in the past. And whether we could we run into similar risks in the future. Or maybe new risks involving sex or drug use.

We must also think about the people and places and situations (the "environment") that might trigger the need for a risk reduction plan. And, of course, we have to know when it is time to use our plan.

Practice:

Here is a set of 2 "guide" maps for you to complete. These maps will give you a chance to think acting on your intentions to avoid risk.

To complete the guide maps:

> ➢ *Find some space and a little privacy; read over the maps*
>
> ➢ *Think seriously about your own HIV-risky behaviors*
>
> ➢ *For both maps, describe your thoughts and ideas in the boxes (nodes)*
>
> ➢ *Be prepared to talk about intentions to avoid risks in group*
>
> ➢ *There's also a free-mapping worksheet if you want to map some more ideas*

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Be Prepared Map

This is a possible <u>risky</u> sexual or drug use situation that I might encounter in the months after my release: (describe)

↓

Here is what I need to be prepared:

What are my intentions about being safe?	(describe)

How do these intentions make sense to me?	(describe)

How do these intentions support my values?	(describe)

What am I capable and willing to do to avoid risk?	(describe)

My plan for dealing with the situation if I run into it:	(describe)

Silver Tongue Map

Here's a risky sexual or drug use situation that I might need to talk my way out of:

Here are some things I could say:

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FREESTYLE MAPPING SHEET

WEBSITE: ibr.tcu.edu

LINK TYPES

Action

Leads to
L
—>—>—>

Next
N
—>—>—>

Influences
I
—>—>—>

Description

Part
P
_____

Type
T
_____

Characteristics
C
_____

Elaboration

Example
E
— — — —

Comment
Co
— — — —

Analogy
An
— — — —

PERSONAL

STRUCTURE TYPES

Hierarchy

Spider

Chain

PERSONAL

HINTS

• Draw pictures in nodes
• Use colors and highlighters
• Make mini-maps
• Put numbers in nodes to make continuation maps
• Use "Thought Team" quotes, etc., to aid mapping

IDENTIFICATION INFORMATION	NODE TYPES	GENERAL						PERSONAL	COMMENTS ABOUT MAP
		GENERAL PURPOSE	POSITIVE ITEM	AGITATING ITEM	DEPRESSING ITEM	ACTION ITEM	DECISION ITEMS		