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STAGE 2 — CHAPTER 6

Managing risks • Worksheet 1

Prioritising and managing risk

Use this worksheet to identify any risks that might come with a new living situation and prioritise how you will manage those risks.

To ensure you are thinking broadly, remember you can break risks down into categories that reflect the different areas of your life and wellbeing. For example:

- » **Physical risks** – using the oven, locking the doors or travelling independently
- » **Financial risks** – understanding your budget, making good money choices
- » **Emotional risks** – loneliness, anxiety, trusting new people
- » **Social risks** – dynamics with flatmates, strangers coming to the door

STEP 1

In the table on page 2 of this worksheet, write down the things you want or need to do that come with an element of risk **A**. For example, cooking dinner, spending nights alone or travelling independently. Use additional paper if necessary.

STEP 2

For each risk, write down:

- » the best-possible outcome **B**
- » the worst-possible outcome **C**
- » the actions you want to take to manage it **D**

STEP 3

Using a different-coloured pen, highlight the risks that are your biggest priorities (i.e. what would be 'critical' or 'high' on the risk matrix?).

Tip: If there are people in your support team with different opinions about risk, ask the person who sees the greatest risk to write that down under 'worst thing'. Then, the person who sees the least amount of risk, write down the 'best thing'. This can be a valuable tool in understanding different perspectives.

Once you have completed this worksheet, keep it on hand. You will use it when you get to Stage 2, Chapter 10: **Getting ready for action.**

Sometimes working through these stages helps identify things you didn't think of before.

If completing this task helps you see something is missing from your previous worksheets, go back and update them now.

| <div>A</div> <div>What do I want or need to do that comes with an element of risk?</div> | <div>B</div> <div>What is the worst-possible outcome?</div> | <div>C</div> <div>What is the best-possible outcome?</div> | <div>D</div> <div>What action(s) can I take to manage this risk?</div> |
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