



### Scenario 3:

## Taylor – Fear of Missing Out: Will Alcohol Help?

Read through the following scenario on alcohol use. Once you have read it, imagine that you are person involved. Complete the questions that follow to help you **FACE** your decision in the safest manner.

**Scenario:** It's Friday night and Taylor is bored and at home alone. As they were scrolling through their favorite social media, they noticed that their best friends posted a story showing them together at a sleepover. Taylor felt crushed. They were not invited and were not even aware of the sleepover. Taylor is feeling left out and very disappointed. They remember how their moms sometimes have a drink after a stressful day at work. Taylor knows that there is a bottle of vodka in the cupboard and wonders if taking a few sips will help them feel better. What would you do if you were Taylor?

What is Taylor's stressor? \_\_\_\_\_

### Feel:

1. How does Taylor feel in this stressful situation?
  
  
  
  
  
  
  
  
  
  
2. How would I feel in this situation?

### Assess:

1. What are my choices?



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2. If I were in this situation what factors may influence my decision?

Refer to the Factors Influencing Decision-making infographic.

### Choose:

1. What is the safest choice I can make?
  
  
  
  
  
  
  
  
  
  
2. What are safe and healthy coping strategies to use in this situation?

### Evaluate:

1. How could the choice to use alcohol as a coping strategy impact myself or others?
  
  
  
  
  
  
  
  
  
  
2. How could using this substance affect me?
  
  
  
  
  
  
  
  
  
  
3. What coping strategies could Taylor use in the future?