

# Make It Happen

## *What Kind of Risk-Taker Are You?*

### Tips for Assessing Risk

Here are some tips to keep in mind when deciding whether to take a risk.



**Know what kind of risk-taker you are.** If you like to live on the edge, take more time to think things through before you act.



**Be aware of group energy.** The energy of groups tends to increase the probability that we will take risks that we might not otherwise take on our own.



**Watch out for the influence of alcohol and other drugs.** These lower our inhibitions and decrease our ability to make a rational judgment about appropriate risk-taking, increasing the probability of harm.



**For some things there is no safe level of risk.** Know what those things are and stick to your rules about refusing to participate in those risks.



When in doubt, **talk it out with someone** you trust.



Always **measure the likely results** against what you value.



**If you've done something before, your perception of its riskiness is lower.** Once you've tried something, it isn't an "unknown" and therefore seems less risky. Its consequences, however, do not change.



#### Concept

Probability is a measure of the likelihood that something will happen.

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