

# Appendix XVII

## Relapse Prevention Sheet

What changes have I made?

What skills have helped me to make these changes?

What have I learned over the last few months (skills and strategies)?

What changes do I want to make in the future?

What will help get me there?

What situations might lead to relapse/setbacks?

What would be early warning signs for me or others to watch out for with regards to relapse/setbacks?

How can I overcome setbacks and move through to the other side?