**Worksheet 6.1** Example of a relapse prevention worksheet

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| What activities helped me feel better? |
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| What skills have I learnt? |
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| What helped me put these activities, skills and techniques into practice? |
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| Potential triggers for feeling worse |
|  |
| My warning signs: |
| My physical feelings | My thoughts | My emotions | My behaviours |
|  |  |  |  |
| How will I manage potential triggers? |
|  |
| What will I do if I feel worse again? |
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