**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? | | | |
|  | | | |
| What helped me put these activities, skills and techniques into practice? | | | |
|  | | | |
| 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? | | | |
|  | | | |