

Relapse Prevention Plan

Use this template to capture the key learning points from the CBT process and identify action required to limit and manage potential future setbacks.

1. What have I learnt about the old problem?

2. What are my high-risk situations?

3. What are the key signs? - (Thoughts / Feelings / Behaviours / Symptoms)

4. What can I do to maintain momentum and build on my gains?

5. What action will I take in case of a relapse?