BUILDING BRIDGES CENTRE FOR MENTAL HEALTH STUDIES

It can be difficult, when making a change in our behaviour, to continue this change in the long-term. For all of us there are moments when our environment, a particular stressful situation, or a relationship challenge may make us revert to way of coping we have previously adopted. It is important, at these times, to think back to the reasons we stopped using a particular substance and reflect on how far we have come with that change. This plan has been designed to help you identify risk factors and design a plan to help you get beyond those temptations.

RELAPSE MANAGEMENT PLAN

Name: _____

My high-risk situations for a relapse are:

_____

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_____

Skills I will continue to use in everyday life:

- ☐ Look for the Unhelpful automatic thoughts I am using
- ☐ Manage unhelpful automatic thoughts
- ☐ Think about Seemingly Irrelevant Decisions
- ☐ Do some problem solving
- ☐ Look at my Emergency Plan and Coping with Cravings strategies
- ☐ Choose some enjoyment and achievement activities from my list and schedule them into each day using my activity record
- ☐ Drink/drug refusal skills
- ☐ Look over my Schema Continuum and use my Positive Data Log to collect evidence for a more positive schema
- ☐ Use my support person:

_____

_____

_____

My early warning signs of relapse are:

- ☐ More moody or irritable
- ☐ Just not wanting to see people
- ☐ Sleep more
- ☐ Sleep less

- ☐ Eat more
- ☐ Eat less

- ☐ Giving up on exercise

- ☐ Putting deadlines off
- ☐ Putting off housework/other

- ☐ Responsibilities

- ☐ Getting easily tired

- ☐ Not wanting to deal with day-to-day things (opening mail, paying bills etc.)

If I notice these early warning signs I will: (Segal et al., 2002)

1. Switch off my automatic pilot and take a 3-minute breathing space. Ask myself "How is my mood affecting my body?'
2. Remind myself that the feelings and thoughts I am experiencing now are just events of the mind. They are not facts and do not mean I am back to square one. They are no different from what I experienced during the Building Bridges program. What helped me then will help me now.

3. **Take some action:**

- Look for the Unhelpful automatic thoughts I am using
- Manage unhelpful automatic thoughts
- Think about Seemingly Irrelevant Decisions
- Do some problem solving
- Look at my Emergency Plan and Coping with Cravings strategies
- Choose some enjoyment and achievement activities from my list and schedule them into each day using my activity record
- Drink/drug refusal skills
- Look over my Schema Continuum and use my Positive Data Log to collect evidence for a more positive schema
- Use my support person:

_____

_____

_____

4. I will reward myself for acting on these early warning signs by:

_____

_____

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