

## Relapse prevention plan, EXAMPLE

### Warning signals:

#### *emotions*

- feeling insecure
- withdrawing
- ...

#### *thoughts*

- Worrying all the time
- negative thoughts about myself
- ...

#### *Behaviors*

- lying about having eaten
- cancelling appointments
- ...

#### *Bodily symptoms*

- headaches more than once a week
- dizziness
- ...

### Risky situations

- the holidays
- fighting with a friend
- ...

### Actions

#### *What to do*

- calling my friend
- writing down how I feel
- ...

#### *What not to do*

- skipping meals
- lying
- ...