

My Relapse Prevention Plan

Times of high risk:

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| e.g. Christmas | |
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Warning signs & combating them:

| Early warning sign | Thought/ Behaviour | Challenge it! | Develop a plan |
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| e.g. skipping meals | Inconsistent behaviour | I know that skipping meals makes me more likely to binge | Keep to regular eating, even though I'll be eating more at times |
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Dealing with setbacks:

| Lapse behaviour | What led to the lapse? | What could I do differently in the future? | What do I need to do to get back on track? |
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| e.g. Binged and purged | Not sure - restricting/ skipped a meal? | Regular eating. Remember, both 'everyday' foods & 'occasional' foods are OK | Eat regularly, eat mindfully, eat slowly. Put food on plate first |
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