

My Relapse Prevention Plan

Times of high risk:

| | |
|----------------|--|
| e.g. Christmas | |
| | |
| | |
| | |

Warning signs & combating them:

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

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? |
|------------------------|---|---|---|
| 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 |
| | | | |
| | | | |
| | | | |
| | | | |