

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	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

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