

# LAPSE AND RELAPSE MANAGEMENT

## Worksheet

Name \_\_\_\_\_

*Whenever we try to put a new plan into action it is common (even normal) to have setbacks. A lapse is a brief return to old unhelpful thoughts or behavior. A relapse is a more prolonged return to old ways of thinking and behaving*

The most important thing is that we learn from each lapse of relapse so that next time around we are in a stronger position. Use this worksheet to learn from your setback.

Understandably, I had a setback because:

What I have learned is:

In hindsight what I would do differently would be:

Therefore what I'll do from now on is:

Other times I'm likely to be vulnerable (and will need to take more care):