

Preventing and Managing Relapses

Objective: Identify your triggers and symptoms; these will act as early warning signs of a relapse. This worksheet will assist you in developing an awareness of when you are at risk for a relapse and how to appropriately respond.

Definition: A relapse is when a person returns to a serious mental health problem that he/she had previously recovered from. Sometimes a relapse may feel even more severe than previous experiences with the symptoms. A relapse includes a shift towards negative thinking, unhealthy behaviors, avoidance/denial of the severity of the problem, and an inability or unwillingness to cope.

Relapses tend to happen during times of high stress, when you allow yourself to loosen up on using your coping skills, or when you start to make choices which cause more stress in your life (e.g. spending too much money, entering into an unhealthy relationship).

Write down the people, places, thoughts, behaviors or situations that trigger your symptoms. In other words, what makes you feel like you aren't coping well?

1. _____

2. _____

3. _____

4. _____

5. _____

