

Relapse prevention plan, EXAMPLE

Warning signals:

emotions

- feeling insecure
- withdrawing
- ...

thoughts

- Worrying all the time
- negative thoughts about myself
- ...

Behaviors

- lying about having eaten
- cancelling appointments
- ...

Bodily symptoms

- headaches more than once a week
- dizziness
- ...

Risky situations

- the holidays
- fighting with a friend
- ...

Actions

What to do

- calling my friend
- writing down how I feel
- ...

What not to do

- skipping meals
- lying
- ...