

EXERCISE: Reducing Relapse Risk

Worksheet 16.2 helps you reduce your risk of relapse by:

1. Identifying your high-risk situations.
2. Identifying early warning signs that you are sinking deeper into depression, anxiety, anger, guilt, or shame.
3. Preparing a plan of action to help you face challenges and periods of distress.

WORKSHEET 16.2. My Plan to Reduce Relapse Risk

1. My high-risk situations:

2. My early warning signs:

Rate my moods on a regular basis (monthly, for example). My warning score is _____

3. My plan of action (review Worksheet 16.1 for ideas):