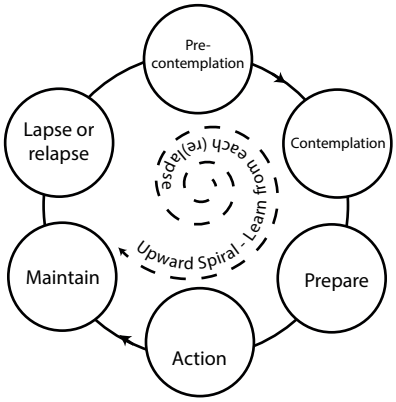
Lapse And Relapse Management



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 behaviors. 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 or relapse so that next time around we are in a stronger position. Use this worksheet to learn from your setback.

It is understandable that I had a setback because:

What I have learnt is:

With 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):

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