

Worksheet: Lapse Management Plan

Step 1: Risks for Lapsing (What puts me at risk?)			
1		5	
2		6	
3		7	
4		8	
Step 2: Signs for Lapsing (How will I know I am at risk?)			
1		5	
2		6	
3		7	
4		8	
Step 3: Useful Skills I Can Use (What skills can I use to help manage my symptoms and problems?)			
1		5	
2		6	
3		7	
4		8	
Step 4: What Will I Do (What I can do to help maintain my emotional wellbeing?)			
1			
2			
3			
4			
5			