

Maintaining Progress

What have I learned?

What was most useful?

What can I continue to do to prevent a setback?

What are my high risk situations of this happening?

What events / situations / triggers cause me to be more vulnerable?

What are the signs?

Thoughts / feelings / behaviours

What can I do to avoid losing control?

What could I do differently? What would work best?

When I'm struggling or feeling bad, what could I do that will help?

What could I do if I did lose control?

What has helped? What have I learned? Who can help?

In case of a setback...

How can I make sense of this?

What events / triggers led up to this setback? How did I react to this? What did I do? What did I think? What did I feel?

What have I learnt from it?

Was this a high-risk situation? Are there things that I can identify are difficult? What helped and what didn't?

With hindsight, what would I do differently?

When I think / feel.....what could I do instead?