

RELAPSE PREVENTION PLAN

1. What did you learn about yourself while in the Cog-IOP?

2. What are warning signs (i.e. change in sleep or appetite, isolation, increased irritability) that you may be having a lapse in symptoms of depression, bipolar or anxiety? What skills or tools can you use to take care of yourself when you notice these warning signs?

3. What challenges, on-going problem areas or triggers can you foresee that might affect your mood? These triggers could occur at work, home or school. Identify at least three of your personal triggers for symptom lapse or relapse and the specific cognitive behavioral skill that you have learned is effective for you that you will use to better manage this trigger.

Trigger #1 and Cognitive Behavioral Skills -

Trigger #2 and Cognitive Behavioral Skills -

Trigger #3 and Cognitive Behavioral Skills -

4. It is difficult for all of us at times to see warning signs to a lapse or relapse. Who might you involve in your relapse prevention planning to help alert you to possible warning signs or triggers?

5. Please remember to continue your care and growth with an outpatient therapist, psychiatrist and support groups that are available to you. What is your ongoing treatment plan with these providers?-

6. Parting words of wisdom: What would you recommend to your fellow group members about this process?
