



The Shade Project

# Building Bridges

Centre For Mental Health Studies



Looking at the links between depression and alcohol/other drug use

## Relapse Management Plan

Name: \_\_\_\_\_

**My high risk situations for a relapse are:**

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**Skills I will continue to use in everyday life:**

- Look for the Unhelpful automatic thoughts I am using
- Manage unhelpful automatic thoughts
- Think about Seemingly Irrelevant Decisions
- Do some problem solving
- Look at my Emergency Plan and Coping with Cravings strategies
- Choose some enjoyment and achievement activities from my list and schedule them into each day using my activity record
- Drink/drug refusal skills
- Look over my Schema Continuum and use my Positive Data Log to collect evidence for a more positive schema
- Use my support person: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**My early warning signs of relapse are:**

- |   |   |
|---|---|
| <input type="checkbox"/> More moody or irritable  | <input type="checkbox"/> Putting deadlines off                        |
| <input type="checkbox"/> Just not wanting to see people   | <input type="checkbox"/> Putting off housework/other responsibilities |
| <input type="checkbox"/> Sleep more   | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Sleep less   | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Eat more   | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Eat less   | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Getting easily tired   | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Giving up on exercise  | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Not wanting to deal with day-to-day things (opening mail, paying bills etc.) | <input type="checkbox"/> _____  |

**If I notice these early warning signs I will: (Segal et al., 2002)**

**1.** Switch off my automatic pilot and take a 3-minute breathing space. Ask myself "How is my mood affecting my body?"

**2.** Remind myself that the feelings and thoughts I am experiencing now are just events of the mind. They are not facts and do not mean I am back to square one. They are no different from what I experienced during the Building Bridges program. What helped me then will help me now.

**3.** Take some action:

- Look for the Unhelpful automatic thoughts I am using
- Manage unhelpful automatic thoughts
- Think about Seemingly Irrelevant Decisions
- Do some problem solving
- Look at my Emergency Plan and Coping with Cravings strategies
- Choose some enjoyment and achievement activities from my list and schedule them into each day using my activity record
- Drink/drug refusal skills
- Look over my Schema Continuum and use my Positive Data Log to collect evidence for a more positive schema
- Use my support person: \_\_\_\_\_

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**4.** I will reward myself for acting on these early warning signs by:

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