

# Worksheet

Professional Version | US English

# Lapse And Relapse Management



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## Description

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Cognitive behavioral therapy (CBT) teaches clients life skills for managing problems. Setbacks and obstacles are a part of life and so *Lapse And Relapse Management* is necessary when learning any new skill since setbacks are anticipated parts of the learning process. 'Planning for' and 'learning from' relapse are helpful parts of therapeutic work. Lapse and relapse management is a particularly necessary component of work with addictions / dual diagnosis, but can be helpful in other areas of therapy where clients have learned a new skill and are learning to apply it to their life.

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## Instructions

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The sections of the worksheet guide clients to reflect upon a recent setback and include sections on:

1. Why the setback occurred (triggers, vulnerability factors, what sense has been made from it).
2. What I have learned from the setback.
3. With hindsight what I would do differently (planning).
4. What I'll do from now on (making a concrete plan).
5. Reflection on times that I'm likely to be vulnerable to other setbacks.

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## References

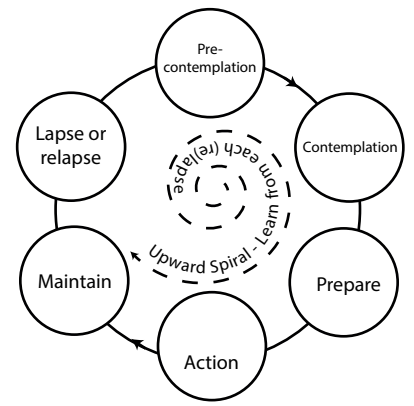
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Marlatt, G.A and Donovan, D.M (2005) *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviours* (2nd edition). Guilford Press.

# 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:**

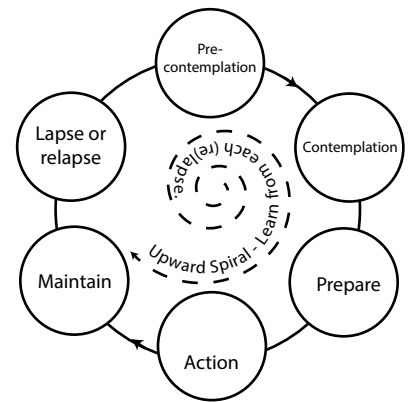
**Therefore what I'll do from now on is:**

**Other times I'm likely to be vulnerable (and will need to take more care):**

# 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.

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## It is understandable that I had a setback because:

Work got crazy, I neglected doing the things that I know help me stay on top of my moods, I reverted back to some of my old coping strategies (stopped seeing friends, stopped going to the gym).

## What I have learnt is:

Keeping on top of my mental health is like keeping my car going - I have to do the maintenance if I want to keep things running smoothly.

## With hindsight what I would do differently would be:

Talk to a friend about how I was feeling, talk to my boss about my workload.

## Therefore what I'll do from now on is:

manage stresses in my life more proactively. Ask manager at work to help me plan work, do more of what I know is good for me. Remind myself that everyone struggles at time - be kinder to myself.

## Other times I'm likely to be vulnerable (and will need to take more care):

When there is more going on than usual - more stresses.  
If I haven't taken a break in a long time (>3 months).

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