



My Relapse Prevention Plan

Times of high risk:	
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Warning Signs & Combating them

Early warning sign	Thought? Behaviour?	Challenge it!	Develop a plan
e.g skipping meals	Behaviour	I know that skipping meals makes me more likely to binge	Keep to regular eating even though I'll be eating more at Christmas

Dealing with Setbacks

Lapse behaviour	What lead to the relapse?	What could I do differently in the future?	What do I need to do to get back on track?
e.g binged and purged	Not sure – restricting? Skipping meals?	Regular eating. Remember, both 'everyday' foods and 'occasional' food are ok	Eat regularly, eat mindfully, eat slowly. Put food on plate first.