

Relapse Prevention Worksheet

To assess your success in preventing relapses and to plan for the future, complete the worksheet below. First, check the strategies you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Pace myself: stay within envelope			
Take daily pre-emptive rests			
Regular times to go to bed & get up			
Keep a health log			
Have realistic expectations			
Ask others for help			
Be assertive			
Heed body's signals rather than "pushing thru"			
Stretch regularly			
Take pain and sleep meds			
Reduce activity when traveling			
Avoid noisy places (sensory overload)			
Have pleasurable activities daily			
Do stress reduction practice daily			
Take prescribed medications faithfully			