**Maintaining Progress**

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| How did the problem develop? |
| What triggers the problem (events, situations, mood etc.)? What are my warning signs?  Are there things that that make it worse? What thoughts or beliefs keep it going? |
| What are the most important things I have learned in therapy? |
| What coping strategies have been helpful? |
| How have things improved?  Re-rate goals and targets |
| The things that I would like to work on /achieve in the next 6 months are……. |
| Wellbeing plan / review date  What can I do to prevent a setback? Do I need to set aside a time to check in on how I am managing my symptoms and review progress towards goals? |
| What can I do if I have a set-back or relapse?  What are my support options? |
| **In Case of a set-back……** |
| How can I make sense of this?  What events / triggers led up to this setback? How did I react to this? What did I do? What did I think? What did I feel? |
| What have I learnt from it?  Was this a high-risk situation? Are there things that I can identify are difficult? What helped and what didn’t? |
| With hindsight, what would I do differently?  When I think / feel....................................what could I do instead? |