

Limiting Relapses Worksheet

To assess your use of strategies to limit 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
Take extra rest until flare subsides			
Take extra rest after relapse appears over			
Postpone, delegate and eliminate			
Use positive self-talk			
Call or email friends (stay connected)			
Prepare (e.g. food on hand)			
Identify and respond to warning signs			
Address perpetuating factors			
Insure good sleep			
Address anxiety & depression			
Check for other medical problems			
Check for allergies & hormonal problems			
Take meds faithfully			
Check for medication side effects			

Copyright © 2010 Bruce Campbell & Charles Lapp