



MY STAYING WELL PLAN

1) What problems/issues/difficulties brought you to therapy in the first place?

Thoughts
Emotions
Body sensations
Behaviours

2) Did you identify anything that kept the problems going?

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3) What situations/events/triggers make things more difficult for you?

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4) When faced with one of these situations/events/triggers, how do you respond now (or after therapy) compared to before therapy?

Thoughts
Emotions
Body sensations
Behaviours

5) What skills/techniques/strategies did you learn during therapy to help with each of these problems/issues/difficulties?

Thoughts
Emotions
Body sensations
Behaviours

6) What else did you learn during therapy that was helpful?

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7) What would be the early warning signs that you may be lapsing/relapsing or facing a setback?

Thoughts
Emotions
Body sensations
Behaviours

8) What are some things you can do to help get you get back on track after a possible lapse relapse or setback?

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9) Is there anything you need to do on a day-to-day basis to keep well?

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10) Is there anything you need to do on a weekly basis to keep well?

11) Is there something you would like to tell yourself or remind yourself of should things get more challenging for you in the future?

12) What are your strengths and positives?

Adapted from Therapy Blueprint (PsychologyTools), Maintaining Progress (cetcc-co.uk) and My Keeping Well Plan (NHS HPU).