## Maintaining Progress

**What have I learned?**

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**What was most useful?**

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**What can I continue to do to prevent a setback?**

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**What are my high risk situations of this happening?**
What events / situations / triggers cause me to be more vulnerable?

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**What are the signs?**
Thoughts / feelings / behaviours

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**What can I do to avoid losing control?**
What could I do differently? What would work best?
When I’m struggling or feeling bad, what could I do that will help?

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**What could I do if I did lose control?**
What has helped? What have I learned? Who can help?
### In case of a setback...

#### 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?