

# Lapse and Relapse CBT Worksheet

## Patient Information

Name:

Date:

Therapist:

## Define Lapse and Relapse

- A *lapse* is a brief slip or deviation from the desired behavior.
- A *relapse* is a more significant return to the old behavior pattern.

## Identify Personal Triggers

List specific situations, emotions, or thoughts that may trigger a lapse or relapse.

## Recognize Warning Signs

Identify early warning signs indicating vulnerability to lapses or relapses (e.g., increased stress, negative self-talk).

## Coping Strategies

- Brainstorm healthy coping strategies for managing triggers and warning signs.
- Consider strategies like deep breathing, mindfulness, or contacting a support network.

## Action Plan

- Create a concrete action plan for addressing both lapses and relapses.
- Outline the specific steps you will take when faced with high-risk situations.

## **Review and Update**

Periodically revisit this worksheet to update triggers, warning signs, and coping strategies as needed.

## **Seek Support**

- Identify individuals or resources you can turn to for support when facing challenges.
- Include a therapist, support group, friends, or family members.

## **Goal Setting**

- Set specific and achievable behavior change goals.
- Track your progress toward these goals regularly.