

Week 10: Maintaining Progress & Relapse Prevention

Objective:

This week, you will reflect on your progress, identify key takeaways from therapy, and create a personalized relapse prevention plan. The goal is to develop sustainable coping strategies and support systems to maintain long-term well-being.

Part 1: Reflection on Progress

Looking back on your journey, take a moment to recognize the progress you've made.

What were your biggest challenges when starting therapy?

What are the most valuable lessons you've learned about yourself?

Which CBT techniques have been most helpful for you?

How has your thought process changed since beginning therapy?

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Part 2: Identifying Triggers & Early Warning Signs

Recognizing triggers and early warning signs can help prevent setbacks.

What situations, thoughts, or emotions tend to trigger distress or negative thinking patterns for you?

What are the early warning signs that you might be struggling? (e.g., increased self-doubt, avoiding responsibilities, isolating from others)

What steps can you take when you notice these warning signs?

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Part 3: Personalized Relapse Prevention Plan

A relapse prevention plan helps you stay on track when faced with challenges.

What CBT techniques will you continue using to manage difficult thoughts and emotions?

What are three healthy coping strategies you can use when feeling overwhelmed?

Who are your key support systems? (Friends, family, therapist, support groups)

What self-care practices will you prioritize to maintain your well-being?

Part 4: Writing a Letter to Your Future Self

Write a letter to your future self, reminding yourself of the progress you've made and encouraging yourself to stay committed to your growth. Consider including:

- **The challenges you've overcome.**
- **The skills and strategies that have helped you.**
- **Words of encouragement and motivation.**
- **A reminder of why maintaining progress is important to you.**

Start your letter on the next page.

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