

Exercise 41 – Personal Resilience Plan

Use this exercise to capture the key learning points from the CBT process, identify action required to protect against future setbacks and reinforce your levels of flexibility and resilience.

1. What did I learn about the old problem?

2. What are my Triggers and high-risk situations?

3. What are the key signs that I am slipping into old and unhelpful habits? - (Thoughts / Feelings / Behaviours / Symptoms)

4. What CBT Strategies will I use in case of a relapse?

5. What CBT Strategies will I continue to apply to improve resilience and psychological flexibility?