

Lapse & Relapse Response

Whenever we try to put a new plan into action it is common (even normal) to have setbacks. A lapse is a brief return to old unhelpful thoughts or behaviors. A relapse is a more prolonged return to old ways of thinking and behaving.

The most important thing is that we learn from each lapse or relapse so that next time around we are in a stronger position. Use this worksheet to learn from your setback. **Move forward with strength. Keep the spirit! Semangat!**

What happened?

It is understandable that I had a setback because:

What I have learned is:

With hindsight what I would do differently would be:

Therefore what I'll do from now on is:

Other times I'm likely to be vulnerable (and will need to take more care):

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What happened?

I messaged her and offered my help / support when I found out her mom was in the hospital... This was an excuse to break no contact

It is understandable that I had a setback because:

I felt like I had to be supportive and show her that I'm still there for her, especially in a difficult time like this

What I have learned is:

Nothing has changed. Even if something bad happens in her life, unless it's her who seeks out my support, she still doesn't want to reconnect with me

With hindsight what I would do differently would be:

I'd do nothing. If she has a problem, I don't offer my help. I don't even acknowledge that I know she's having a problem. I let her come to me... always

Therefore what I'll do from now on is:

When something bad and unexpected happens, I'll look at this note and remind myself that I will not message her, no matter how strong the urge is to show her that I'm still there for her

Other times I'm likely to be vulnerable (and will need to take more care):

If I find out that one of our friends passed away, or something bad happened, I might do the same. I might also want to reach out to her if something bad happened in my family. Don't do it!