

Overcoming Setbacks

Overcoming your problems usually takes a lot of work and you may experience setbacks for a variety of reasons.

Setbacks most commonly occur when you stop practicing the psychological skills you learned to overcome your problems. They can also occur when you are under a lot of stress. Other times setbacks can occur because they are triggered by a certain event. Sometimes a setback can occur because of a change in your lifestyle (sleeping, eating, exercise) or because you have made some unhealthy choices like drinking too much or taking drugs.

Don't be upset if you have a setback with your problems, even if unwanted symptoms reoccur. Setbacks are common because stress and change in your life are constant.

Don't let setbacks give you the feeling that you are back to where you started. Setbacks are temporary, and just a sign that you need to pay attention to the kind of life you want to live every day.

The easiest way to avoid setbacks is to prepare for them. Filling out this worksheet will help you think about the kinds of things that can cause a setback and recognize the early signs that your problems may be recurring. Answer these questions thoroughly and honestly.

Write down the most likely situations that could cause a setback?

What are some specific triggers, including people, places, thoughts, and behaviors, that might cause a setback?

What are some early signs that might mean you are having a setback?

Write down two or three people you can ask to tell you if they see early signs of a setback.

Have you started doing anything to avoid situations that caused your problems?

Have you started doing anything to mask you're your problems (e.g. drinking, taking drugs, or other escapist behavior)?

Have you had any changes in medication that might be affecting your mood and behavior?

Are you having negative thoughts about yourself that you know are not really true? What are they?

What are the most effective skills you used before to deal with your original problems?

What is the most important thing you can do if you see an early sign that your problems are coming back?
