

## Staying well plan

*1. Think about how your original problem started.*

*2. What kept my problem going? Based on your problem statements and your understanding of the connections between your emotions, bodily sensations, behaviour and thoughts, write down what kept your problems going. Clue: think about your interpretation of events/situations/bodily sensations and your response, (e.g. withdrawing).*

*3. What I have learned so far: My quick reference guide (using the summaries that you have made at the end of each chapter).*

*Monitoring your mood*

You have also been monitoring your mood and anxiety on a regular basis and have plotted them on the chart. Use the box below to write how this might have been helpful to you.

*4. Based on the work you have done so far, think about the changes you have made that you want to continue to develop.*

*5. What areas in your life require further attention?*

*6. Where do you see yourself in three months' time? What strategies from this book will you continue to keep practising and using in your life to help you get there?*

*7. Where do you see yourself in six months' time? What strategies from this book will you continue to keep practising and using in your life to help you get there?*

*8. Where do you see yourself in one year's time? What strategies from this book will you continue to keep practising and using in your life to help you get there?*

*9. Where do you see yourself in five years' time? What strategies from this book will you continue to keep practising and using in your life to help you get there?*

*10. Based on your work earlier, what situations are most likely to lead to a setback and how will you deal with them? It may be that you want to involve other people to help you (e.g. contact your supporter again if you have one) or it may be there are strategies you can use without additional help.*

**Situation**

**What I will do**

*11. What are your early warning signs and how will you respond to them?*

Early Warning Signs

How I will respond

*12. Finally, if you had to send a tweet (140 characters, including spaces and punctuation) to the world with one or two key messages about how to overcome emotional problems, what would you tweet?*