

## Managing setbacks

You will have already read about how to manage a setback in Chapter 12. In order to try to prevent setbacks, or minimise them if they occur, it is helpful to think about your own triggers of setbacks, and the strategies that you could implement to deal with them. We have therefore devised a 'Preventing setbacks' form for you to complete; this can be found on page 286.

<b>EVALUATION OF PROGRESS</b>
<p data-bbox="210 695 792 751">Please complete the following sections in as much detail as possible.</p> <p data-bbox="210 813 830 870"><i>1(a) What are the main things I have learned about CFS/my fatigue problem?</i></p> <hr data-bbox="210 902 866 911"/> <hr data-bbox="210 948 866 956"/> <hr data-bbox="210 992 866 1000"/> <hr data-bbox="210 1036 866 1044"/> <p data-bbox="210 1110 802 1198"><i>1(b) What factors may have preceded my CFS/fatigue problem? (E.g. constantly being busy, recurrent infections, aiming for perfection.)</i></p> <hr data-bbox="210 1227 866 1235"/> <hr data-bbox="210 1273 866 1281"/> <hr data-bbox="210 1317 866 1325"/> <hr data-bbox="210 1360 866 1369"/>

## OVERCOMING CHRONIC FATIGUE

1(c) *What factors may have contributed to my fatigue continuing?*  
(E.g. an erratic sleep pattern, long periods of activity followed by long rests, taking too much on.)

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2 *What strategies have I found helpful while working through this book?*  
(E.g. having regular breaks, going to bed at a set time, challenging unhelpful thoughts, changing expectations of myself.)

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3 *What areas do I still need to work on to make further progress?*  
(E.g. targets I have not yet achieved, resting at regular times, work on core beliefs.)

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Now please turn to the next page to think about what you would like to work towards in the next three months.

## PREPARING FOR THE FUTURE

### TARGETS FOR THE NEXT THREE MONTHS

Please write down targets that you plan to work towards during the next three months.

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Write a detailed plan of how you aim to work towards each of your targets.

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Evaluate your progress at the end of three months and then turn to the next page to plan your targets for the next three months.