

In case of a relapse

<p>What led to the setback?</p>	<p>How did I react to this? What did I do? What did I think and feel?</p>
<p>What have I learnt from it?</p>	<p>What helped and what didn't?</p>
<p>What would I do differently? When I think/feel.....what could I do instead?</p>	