

Chapter 17: Planning to prevent or reduce relapse

Reasons for wanting to reduce relapse: downloadable chart

Purpose of the chart: To remind you about why you want to get well so it is easier to stick to your plans to prevent relapse when you are developing mood symptoms.

Tips for completing this chart:

- When you are well list the costs of being ill and the benefits of being well
- Have this list handy to help you to go against what your illness is telling you to do when you are relapsing
- You may need a separate list for different types of mood episodes as your reasons may differ.

For more about using this chart refer to pp. 222 in *Living with Bipolar*.

Reasons for wanting to reduce (fill in type of mood) relapse

The costs to me of being ill are...	The benefits to me of being well are...