



Preventing a lapse

In order to avoid or effectively deal with lapses, it is important to identify situations that might be high-risk, and prepare a plan to deal with those situations. A high-risk situation is any situation that poses a threat to your sense of control and increases the risk of potential lapse and/or relapse. High-risk situations can involve people, places, events, feelings, thoughts, and behaviours.

Questions to ask yourself to help identify high risks:

- What were the triggers for relapse or lapses in the past?
- What do you identify as high-risk situations?

Create a plan

Create a plan for the following example high-risk situations to prevent a lapse in healthy eating. The plan should involve taking action to change the situation, thoughts and behaviours, or both. It should be specific and detailed, and easy to be followed.

High risk situation	Plan
Eg. Stressful day at work	