




PST Relapse Prevention Plan

"Red Flags"	Coping Plan
 <p>Small; first signs of a problem; mild feelings of overwhelm</p>	<p>Actions:</p> <p>Self-talk:</p> <p>Support:</p>
 <p>Medium; problem unresolved; moderate feelings of overwhelm</p>	<p>Actions:</p> <p>Self-talk:</p> <p>Support:</p>
 <p>Large; many problems unresolved or piling up; severe feelings of overwhelm</p>	<p>Actions:</p> <p>Self-talk:</p> <p>Support:</p>