



**CBT for GAD – Relapse Prevention Sheet**    Therapist Initials:...    Participant ID:.....

1.        Worry Diary

Was keeping a worry diary useful?

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What were my main worry themes during treatment?

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2.        Positive Beliefs about Worry

Which of the 5 positive beliefs applied to me before treatment?

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What do I believe now?

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3. Intolerance of Uncertainty

What were my main behavioural manifestations of intolerance of uncertainty?

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What items did I put on my exposure hierarchy?

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4. Problem Solving

Before treatment, in what ways did I have a negative problem orientation?

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Was applying the problem solving steps useful?

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What do I need to remember?

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5. Written Exposure

For which hypothetical situation(s) did I use written exposure?

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What did I learn from using written exposure?

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6. Looking Ahead

In the future, what situations might increase my worry or trigger a relapse?

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How would I know? What would be the early signs?

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Where do I want to be in 12 months' time in terms of my worry and anxiety?

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How will I achieve my long-term goals?

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What are the most important things I need to remember?

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