

Relapse Prevention

The self-help information on this website aims to help you gain a better self understanding so that you can learn new ways of taking care of yourself and in turn perhaps learning to manage your attacks a little better for yourself. If this has been successful, you might be worried that it is too good to be true and wonder how you can keep it up. An excellent way of keeping you on track is to summarise what has been most helpful. You can do this on the *Relapse Prevention form* below. Ask yourself, "What has worked for me?" But also ask, "What would happen if I began to feel worse?" Relapse Prevention is about not only knowing what works for you but also using this knowledge and applying it when the going gets tough again.

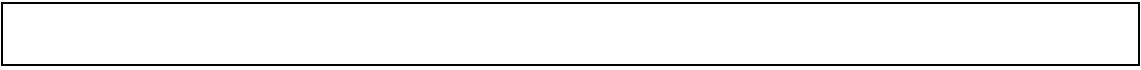
What Have I learned?

How can I build on What I have learned?

What might lead to a setback?

How will I manage a setback?

Information about non-epileptic attacks and non-epileptic attack disorder:
www.nonepilepticattacks.info/



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