

My wellbeing review (Worksheet 14)

| |
|--|
| Review date: |
| What have my symptoms been like over the last month? |
| What ways of responding to my symptoms have been helpful to me? |
| Reading through my warning signs list (Worksheet 11), have I had any experiences that have concerned me? |

Do I need to make any changes to how I am responding to pain?

If so, what will be helpful to use in my toolkit (refer to your responses in Worksheet 11 and the 'relapse prevention top tips' in this book)?

What do I need to do and when am I going to do it?

My PSEQ score is:

The date of my next review is: