

## Set back plan

If you have experienced a bad day or a period of time where your symptoms have been worse, then it might be worth looking at some of the reasons why.

Often, a good starting point is to take yourself back to when things starting to become more of a problem (even taking yourself to the last day you remember things being worse) and ask yourself the following questions.

When was my last 'bad day?'  - try to be specific.	What was happening/ what was I trying to do? e.g. walk/ cook dinner	How was I feeling at the time? e.g. confident or stressed or pressured	Who was I with?	What was I thinking at the time/ during the activity? e.g. "I've got to get this done/ I've not left enough time"	What did I end up doing? e.g. just walk through the pain or just got on with things	Why do I think things got worse?	What can I do to get things back on track? What could I do differently next time?



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