



Predict and Prepare

Visit Four

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Predict and Prepare

Your Personal Plan to Prevent Relapse

Understanding Lapse and Relapse

Losing weight is a journey with ups and downs. Sometimes, you might face challenges. It's important to **predict** these tough moments and **prepare** a plan to handle them.

Understanding the difference between lapse and relapse can help you stay on track:

- **Lapse:** A small setback, like overeating one meal or skipping exercise for a week. This is normal and won't ruin your progress.
- **Relapse:** A bigger setback where old habits come back and cause you to gain back weight. This usually happens in several small lapses.

How to Stop Relapse

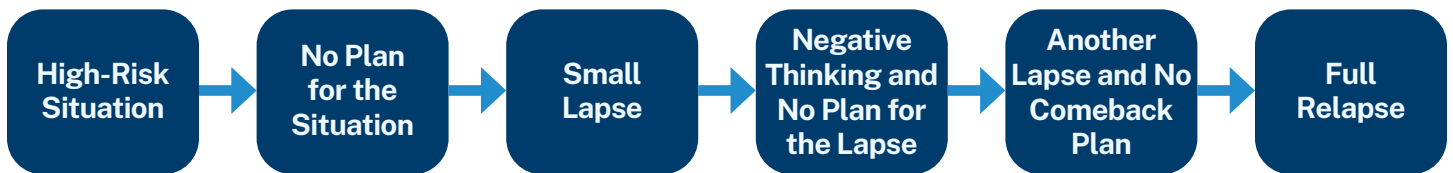


To avoid a full relapse, catch the small lapses early before they become bigger issues.

Think of a lapse like a small fire. If you act quickly, it's easy to put out. But if ignored, it can grow, just like a relapse.

The sooner you take action, the easier it is to stop a full relapse.

Relapse Chain



Relapse Chain Examples

Relapse Chain Without a Plan		Breaking the Relapse Chain with a Plan	
<p>High-Risk Situation</p> <p>Alex lost 19 pounds.</p> <p>After doing well for so long, Alex took a beach trip.</p> <p>She took a break from her eating habits during her trip.</p>	<p>High-Risk Situation</p> <p>Alex lost 19 pounds.</p> <p>Alex planned a trip to the beach.</p> <p>She had a plan in place for how to manage her eating habits on the trip.</p>		
<p>No Plan for the Situation</p> <p>Alex didn't plan for how to stay on track during the beach trip.</p> <p>She ate foods she normally wouldn't and didn't pay attention to portion sizes.</p>	<p>Plan for the Situation</p> <p>Alex made sure to pack healthy snacks.</p> <p>She also let herself a couple treats as long as she kept the portions in check.</p>		
<p>Small Lapse</p> <p>After the trip, Alex gained 2 points.</p> <p>This was a small setback, but Alex let it affect her mindset.</p>	<p>Small Lapse</p> <p>After the trip, Alex gained 2 pounds.</p> <p>Instead of letting it affect her mindset, she reminded herself this was just a small setback.</p>		
<p>Negative Thinking and No Plan for the Lapse</p> <p>Alex thought, "If I can't even enjoy myself for a few days without gaining weight, why even try?"</p>	<p>Positive Thinking and a Plan for the Lapse</p> <p>Alex thought, "It's just a small setback. I've been doing great. I will get back on track right away."</p>		
<p>Another Lapse and No Comeback Plan</p> <p>Instead of getting back on track, Alex stopped her meal plan.</p> <p>She no longer took walks each day.</p>	<p>Another Lapse with a Plan to Take Action</p> <p>Alex continued her meal plan and went for a walk that same day.</p> <p>She focused on getting back to her healthy routine.</p>		
<p>Full Relapse</p> <p>A week later, Alex gained 5 pounds.</p> <p>She didn't go back to her support group until she lost the 5 pounds, but this delayed her from getting the support she needed to stay on track.</p>	<p>No Relapse</p> <p>A week later, Alex regained control of her eating habits and lost the 2 pounds.</p> <p>She attended her weight management support group, feeling motivated and supported.</p>		

Having a **plan** helps stop this chain early.

Preventing Relapse

Do these 2 things to help prevent relapse and prevent weight gain:

1. **Recognize your high-risk situations** and have a **plan** to handle them, so you can avoid small setbacks.
2. Have a **comeback plan** to stop a small setback from turning into a bigger relapse.

Recognizing Your High-Risk Situations

Think about times in the past few weeks when you might have slipped or had a setback. Certain situations are more likely to lead to lapses in weight management. Both positive and negative situations can be risky.

Look at the chart below and think:

- What situations put you at risk of stopping your weight management habits?
- Do any of these apply to you?
- Are there other situations that are risky for you? If so, add them to the list.

High-Risk Situation Examples

Emotional High-Risk Situations	
<i>Positive</i>	<i>Negative</i>
You just got a new job and want to celebrate at your favorite restaurant with a meal and wine.	You feel overwhelmed by things you can't control in your life.
You are on vacation. You feel relaxed and are enjoying time with your family.	You have been lonely, sad, or depressed.
_____	_____
_____	_____

High-Risk Breaks in Routine	
<i>Positive</i>	<i>Negative</i>
You are on vacation and staying with family or at a hotel.	You aren't feeling well and can't do your usual activities.
The weekend is relaxed and you don't have a structured routine.	Someone you live with or love is in the hospital and you need to visit often.
_____	_____
_____	_____

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Social High-Risk Situations	
Positive	Negative
You are at a party and don't want to stand out by not having cake. You go out to dinner with your friends and everyone orders high-calorie meals. _____	You have an argument with someone you love. Your children don't eat the same foods as you. _____

Other High-Risk Situations	
Health Concerns	High-Risk Triggers and Temptations
You have trouble sleeping. You are sick or don't feel well. _____	You crave a specific food. Someone gives you a box of chocolates as a gift. _____

Other High-Risk Situations for You

Developing Your Comeback Plan

It's normal to have a lapse while you are trying to manage your weight. Even with a good plan, you don't always avoid mistakes. What is important is how you react to them.

A comeback plan can help you avoid small setbacks from turning into bigger ones. Here is how to make your comeback plan:

- Write down situations where you are likely to have setbacks.
- Think of ways to handle each situation and write them down.
- Write down any negative thoughts that might make it harder to stay on track.
- Write down a positive thought to replace each negative one.
- Decide how you will reward yourself when you get back on track.

The charts on the next 2 pages will help you write down these things to develop your comeback plan.

My High-Risk Situation Chart

High-Risk Situations

Write down situations where you are likely to have setbacks.

Solutions

Think of ways to handle each situation and write them down.

Change Negative Thoughts to Positive Thoughts

Negative Thoughts

Write down any negative thoughts that might make it harder to stay on track.

Positive Thoughts

Write down a positive thought to replace each negative one.



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