

A Lapse Doesn't Mean Failure

A lapse can give you information. It does not erase previous effort.

What happened?

Describe the situation without judging yourself.

What was happening beforehand?

What was I needing at the time?

Were there warning signs I can recognise now?

What helped, even a little?

What would I like to do differently next time?

Does anything in my support plan need changing?

What would I say to someone I cared about in the same situation?

My next small step is...
