**My Personal CBT Maintenance Plan**

**Name:**

**What is a maintenance plan?**

Maintenance plans play an important part of ending therapy. The aim of a maintenance plan is to summarise the initial presenting problem, to review psychoeducation and strategies/ interventions and are designed to help maintain progress. Maintenance can work as a guide and are there for future reference

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**Understanding the problem**

1. **What is my understanding of the problem?**
2. **What was maintaining my difficulties?**
3. **What Have I learned?**

**Strategies and interventions**

1. **List of strategies:**
2. **What techniques / strategies have I found most useful?**
3. **How can I continue to implement techniques?**

**Preventing a setback**

1. **Warning signs** (Thoughts**, Feelings, Behaviours)**

**Thoughts**

**Feelings:**

**Behaviours:**

1. **What will I do if I recognise my warning signs?**
2. **What are my high risk situations?**
3. **What to do in the event of a setback**

**Useful contacts / trusted people:**