

■ Worksheet 6: Managing Mind & Relapse

Part A: Mapping Your Mental Loops

What do your compulsive thoughts focus on? Check all that apply:

- Replaying conversations
- Worrying what others think
- Catastrophizing about future
- Analyzing feelings endlessly
- Past mistakes/regrets
- Obsessive planning
- Questioning decisions
- Trying to solve unsolvable problems

My thought loops tend to start when:

Part B: Rumination Log

When rumination won't stop, write it down:

[illegible]

Part C: Fact vs. Fiction Daily Tracker

Separate facts (observable reality) from fiction (projections). Track for 30 days:

Day	What I Feared Would Happen	What Actually Happened	Match?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Continue for days 16-30...

Part D: My Relapse Triggers

Identify what triggers boundary overrides for you:

Feeling better / increased capacity:

External pressure:

Old identity pull:

Financial stress:

Guilt/shame:

Other triggers:

Part E: My Compassionate Relapse Response

What I will do when I notice I've overridden boundaries:

1. STOP immediately:

2. Get curious (not critical):

3. Return to foundation:

4. Reduce commitments:

5. Self-compassion statements I need:
