

## Blueprint for the future

1. How did my problems start and what kept them going?
2. What ideas and techniques have I learned that have been helpful?
3. How am I going to build on what I've learnt so far (and how will I take it forward)?
4. What situations or events are likely to lead to a setback for me (and what are my early warning signs)?  
(eg. Future stresses, personal vulnerabilities, life problems)
5. If I did have a setback, what will I do about it? What would help?  
(eg. Useful strategies I have learnt, seeking further help)
6. Where do I see myself in:
  - a) One month?
  - b) Six months?