

Avert Relapse Plan: from Chapter 8 of the book *Ego*

This is your plan to avoid quitting your 3Rs Action Plan for practicing Steps 1–6. What signs and symptoms will you note to tell you that you are falling off your 3Rs Action Plan? Is there anyone who can also watch for you to let you know if you are falling off track?

Ask yourself: Since I am starting to slide off my 3Rs Action Plan, what do I need to change about it so I will stay on it? How will I overcome discouragement? How will I overcome boredom? How will I overcome laziness? How will I overcome procrastination? How will I overcome excuses for not making time? How will I overcome my triggers to quit? What must I do to persist in my practice? How will I measure my results? Will journaling about my practices work for me? Will scheduling practices work for me? Will notes and reminders around my home and office work for me? What is missing that would make me love to practice? What can I add to make my practice interesting again? What rewards can I give myself for practicing? What already existing pleasures can I make conditional upon my practicing first? How did I get myself to do my homework for school? How do I get myself to complete projects for work on time? Will any of these methods help me to practice my plans to end ego?

What will I notice to cue me into the fact that I am not persistently practicing my healthy habits? What will I notice to cue me into the fact that I am beginning to practice my unhealthy habits again?

Cues and indications I am slipping:

Actions to overcome cues and indications:

Symptoms I am slipping:

Actions to overcome symptoms:

Signs or signals I am slipping:

Actions to overcome signs or signals:

Clues of discouragement:

(page 1 of 2)

Actions to overcome discouragement:

Clues of boredom:

Actions to overcome boredom:

Clues of procrastination:

Actions to overcome procrastination:

Clues of excuses:

Actions to overcome excuses:

Clues of laziness:

Actions to overcome laziness:

Who will help me to stay on plan:

What will help me to stay on plan:

What measures of progress will I add:

What excitement will I add:

What interest will I add:

What motivators will I add:

What preconditions for practice will I add:

What rewards will I add:

Record of my practicing my 3Rs Plan:

Results monitoring of my 3Rs Plan:

Who will agree to monitor my 3Rs Plan:

Timeframe to reread *Ego* for new insight:

Scheduling tactics to experiment with:

Notes and reminder tactics to experiment with:

New tactics to experiment with:

New ways of adding excitement to experiment with:

New ways of adding interest to experiment with:

Revisions to 3Rs Plan:

Revisions to Avert Plan:

(page 2 of 2)