

Worksheet 12.2: Forward planning for difficult life events, the carer perspective

While many sufferers in recovery are more than happy to identify possible high-risk events and trigger factors, not all sufferers will be so open to having this detailed conversation. ‘Back off Mum. I am just fine and you need to let me find my own way now’ can be a common retort.

This doesn’t stop carers doing their own contingency planning, identifying potentially high-risk situations and how they could help Edi to navigate these events successfully.

As a group think up as many high-risk situations or difficult life events that might occur in the future that could create emotional distress and create a menu of options of the types of support you might be able to offer if you see that Edi is showing signs of struggle.

Examples of life situations that could create emotional distress and lead to setbacks:

Table 12.2 Blank worksheet – carers’ contingency plans for difficult life events that might upset Edi in the future

If:	Then I could offer this support:
Bereavement	
Relationships breakdown	
Self-esteem falling for no particular reason	
Periods returning	
Weight falling	
Weight rising too much	
Exam pressure/job problems	

All the above are things that can come up in everyday life and gradually Edi will establish a portfolio of good coping mechanisms. However, to start with this will be difficult and the more support and gentle guidance that carers can give, the better. Plenty of affirmations and noticing Edi’s distress and acknowledging the challenges of recovery can go a long way.