

## Make The Lifestyle Changes Stick

*Dealing with roadblocks, saboteurs and lapses: developing your plan*

### Roadblocks and Saboteurs Definition

- something or someone that gets in the way of achieving a goal
- may result in a lapse

### Lapse, Relapse, Collapse

Many of us have been in a situation where we have been successful for a while until something comes along – a stressful event, a holiday, a time commitment...and we fall back into our old habits. These slips are common.

- Lapse – doing something that does not agree with your healthy lifestyle plan or goals (may be a previous habit)
- Relapse – multiple lapses that move towards previous lifestyle
- Collapse – complete relapse with little hope of reversing

Instead of dwelling on the lapse, congratulate yourself for recognizing it and get ready to move on by using the steps below:

1. Look at the situation
  - What brought me here?
  - Have my goals changed?
  - What are my goals right now?
2. Analyze the situation
  - What am I feeling?
  - Have I been in this situation before? How did I deal with it?
3. Take action
  - What can I do RIGHT NOW to change the situation?
  - Own strategies

Think about your own situations that may be high risk for lapses. What are some of the roadblocks or saboteurs that you face?

Examples of MY roadblocks

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Examples of MY saboteurs

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some of the strategies that have worked in this situation before? What other strategies can you see being useful in the future?

**Planning for Lapses**

Roadblock - describe	Strategies that have worked	Strategies to try in future