Keeping well plan

A summary of what you have learned, and a plan for staying on track.

Name _____ Date _____

What brought me to therapy, and how things are now

The most useful things I have learned

The tools and strategies that helped most

What I want to keep doing every week to stay well

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com

This handout supports your therapy. It does not replace professional advice.

Looking out for setbacks

Setbacks are normal and do not mean you are back at the start. Spotting one early makes it much easier to turn around.

Times and situations that could be risky for me

Thoughts	Feelings	Body	Behaviour
What might I start thinking?	What might I feel?	What might I notice physically?	What might I start or stop doing?

If I notice these signs, I will...

People who can support me, and how to reach them

Looking ahead

Time	What I am working towards
In 3 months	
In 6 months	
In a year	

A message to myself for a hard day

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com

This handout supports your therapy. It does not replace professional advice.