



Therapy Unit 11: Living with Psychosis and Relapse Prevention

Worksheet 11.5. Information about therapy unit 11

Mental illnesses (like psychosis and depression) are more common in the general public than people think. Nonetheless there are prejudices about these illnesses and the affected people.

Become an expert of your own disorder! Correct stereotypes and false beliefs if you want to and feel that it helps.

Stress and strain can promote mental illness. Make sure you are having enough relaxation time to reduce stress.

In order to prevent a possible relapse, it helps to recognize your individual early warning symptoms so you can take action in time.

- **Use the yellow card when you feel insulted or threatened.**
- **Use the red card if your condition is worsening. You should write down the telephone numbers of important persons (e.g. friends, doctor, therapist, clinic) on it so you can call them in the case of a crisis.**

What aspects of the therapy unit Living with Psychosis and Relapse Prevention do I find particularly useful/helpful?

When and in what specific situation do I want to apply/practice what I learned in the near future?

What remained unclear? What do I want to ask in the next session?