



## Therapy Unit 11: Living with Psychosis and Relapse Prevention

### Worksheet 11.2. Stress scales:

In order to remain healthy, stress and relaxation should be kept in balance. If strain prevails, the scales become unbalanced. This raises the risk of relapse (Stress scales adapted from Behrendt, 2004).

Please write things that currently stress you out and relax you in the corresponding boxes below.

