

Maintenance

Dealing with Setbacks, part 2

Although setbacks may occur, and you may feel disappointed, this does not mean that you can't do anything about it. You can learn how to cope with setbacks and regain the progress you made.

If you experience a setback, below are several questions that you can ask yourself to help you cope with the situation and return to healthy habits.



How did the setback happen?



Go back and try to figure out what triggered the old behaviors.



What have I learned from it?



Did you learn something new about yourself? Was this a new situation or did you learn of something new that may trigger old behaviors?



What would I do differently?



Think about how you can better cope with this situation if it happens again. Can you prevent the situation? If not, how can you better prepare?

Stay Encouraged!

If you are feeling discouraged after a setback, encourage yourself! Below are examples of encouraging words you could say or think to yourself that may help you stay on track:

Don't stop now!

It's too late to give up!



I've come too far to stop!

Overcoming setbacks is my motivation!



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