



Maintaining Change

The improvements you feel using the graded activity approach will remain beneficial if those improvements are maintained.

It is important that you keep your goals up and set new ones once you have achieved them. Without specific goals it is often difficult to motivate yourself to maintain changes, and things like exercising regularly, can fall by the wayside.

Situations will arise which will challenge your ability to maintain graded activity, or your goals and it is important you are able to identify these.

Try and identify situations or events that will challenge your ability to keep active ahead of time (Consider mood, thoughts, social, motivation, life events, environmental, other). For example, busy periods at work might make it harder to find time to exercises or relax. Problem solve this - Making exercise and relaxation a priority, good time management, being organised, going for a walk at lunch time, delegating at work and leaving work on time might all help you to keep on exercising and relaxing, even during this busy time.

1. What are the reasons why you might stop thinking / doing things like you are now?

(These factors increase the temptation to cope through old thoughts, beliefs and behaviours)

2. Reinforcing your new ideas and behaviours

- You need to find reinforcers for your new thoughts and behaviours (remember reinforcers work better than punishment)
- What has worked in the past? (think of how you motivated yourself to study, go to the gym, diet etc. in the past)

3. How can you reward yourself for doing well?

Continuing Activities

Now lets look at what you have learnt. Why is it important to continue with the things you have learnt over the past few weeks?

Why?

What are you going to do to keep things going physically? How often?

When would you stop progressing things?