Relapse Prevention

Two big things to look out for:

- Letting the pulling return
  May be due to:
  - Not using exercise
  - Not using stimulus control
- Trying to control urges again
  May be due to:
  - Not practicing willingness

Lapse vs Relapse

There may be times when you child starts pulling more and is spending less time and effort working to stop pulling. It is important to remember that these "lapses" are common and normal. These times as opportunities to re-evaluate and begin again when your child is ready.

Lapses are to be expected and are okay—we want to stop them from become a full relapse where your child is no longer making progress and has stopped working to improve.

Recommendations

Keep using exercises and stimulus control. Even if your child feels confident, do not let these basic skills slip.

Continue to track pulling behavior. This will depend on your child's situation and needs. Simply tracking behavior can have a great impact.

Continue rewarding success. Rewards can be big or small. A simple "good work" can mean a lot to some kids. Others may respond to working toward a larger goal such as a toy that can be earned for not pulling for a certain number of days.

Relax. Kids have a tendency to have good days or weeks followed by less-good days or weeks. Urges are likely to come and go without warning. This is normal. Stressing out about it will likely just make your child anxious and less willing to talk to you about it.

Books we like:

If you want to learn more about the type of treatment used (Acceptance and Commitment Therapy), these are a few books we recommend:

The Happiness Trap by Russ Harris

Get Out of Your Mind and Into Your Life by Steven Hayes

Get Out of Your Mind and Into Your Life for Teens by Joseph Ciarrochi, Louise Hayes, and Ann Bailey