

# Believe In Your Self

## Success #3: Relapse Prevention



Complete recovery and freedom from ED behaviors is possible... but relapse is possible, too!  
Know the signs that you're doing well in recovery, and pay attention to warning signs to prevent relapse.

<b>GREEN LIGHT</b> (signs all is well)	<b>YELLOW LIGHT</b> (early warning signs)	<b>RED LIGHT</b> (signs of relapse)

What steps will you take if you get **YELLOW LIGHT** or **RED LIGHT** warning signs?