

Applying Timely Intervention Strategies in Bipolar Disorder

Date: _____ Time: _____

| |
|--|
| What symptom or behavior do you notice? Describe it in detail. |
| Rate it on a scale from 1 to 10, where 1 is very mild and 10 is very severe: _____ |
| On what approximate date did you first notice it? _____ |
| How much is it interfering with your work or other daily activities? _____ 1 = Not at all, 2 = A little, 3 = A moderate amount, 4 = Quite a bit, 5 = A great deal |
| How much is it interfering with your relationships or social activities? _____ 1 = Not at all, 2 = A little, 3 = A moderate amount, 4 = Quite a bit, 5 = A great deal |
| What might have triggered it? |
| What vulnerabilities might be involved? |
| Given the severity of what you are experiencing, and erring on the side of caution, what timely intervention do you plan to use? |
| After the timely intervention, rate the symptom or behavior on a scale from 1 to 10: _____ |
| Describe the timely intervention you ended up using (which may or may not be exactly what you planned): |
| Is there anything further you need to do at this time? If so, what will be your next step? |
| Looking back, what you could have done (if anything) to prevent or lessen the symptom or behavior in the first place? |