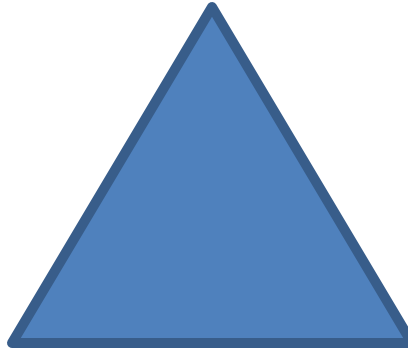


Early Warning Signs

Bipolar Disorder Relapse Prevention Triangle

Date Completed: _____



Triggers

Vulnerabilities

Management Strategies

Prevention	Timely Intervention		
	Depression	Mania/Hypomania	Anxiety