

Identifying Early Warning Signs From Prior Bipolar Disorder Mood Episodes

Today's Date: _____

Think about a previous mood episode, and answer the following questions:

What type of episode was it (depression, mania, hypomania, or a mixed state)?
What was the end result of the episode (e.g., hospitalization, treatment program, unable to work, etc.)?
What were the most severe symptoms or behaviors that ultimately led to the end result (e.g., suicide attempt, suicidal thoughts or feelings, psychosis, hopelessness)?
What was the approximate date when the episode was at its most severe? _____
What symptoms or behaviors do you recall before things got to their worst, but when you were likely "past the point of no return"? What was the approximate date? _____
What are the earliest warning signs you can remember? To help jog your memory, you can answer the last question on the page first. What was the approximate date when you first knew that something might be wrong? _____
What was going on in your life that might have triggered or made you vulnerable to the mood episode (e.g., stress at work, relationship problems, lack of social connection, financial problems, other health problems, alcohol or drug use)? What was the approximate date the triggers or vulnerabilities started? _____