

John's Timeline

<i>Trigger/precipitant/ life event</i>	<i>Approximate date</i>	<i>Description of sign/ symptom</i>	<i>What helped/ might have helped</i>
Grandpa died	March 2016	Started obsessing with computer, nightmares about ghosts, social withdrawal	Maybe grief counseling?
Finals/lots of stress	May 2016	Didn't sleep for three days; had trouble sleeping for a month	Sleep? Reduce stress; more time for tests?
Family arguments- lots of arguing; stressful	June 2016- October 2016	Started seeing visions; hard to be around other people; withdrew	Less arguing; space alone
School started again; struggling in classes	September- October	Around October started feeling like I was being watched	Accommodations at school? Stress management? Therapy to help with feeling of being watched
Refused to leave house; dropped out	November	Too frightened to leave house, believed my neighbors were trying hurt me	Something to help feel safe; support for my family? Maybe medicine?
Decided to destroy my belongings; police came	December	Felt like my belongings didn't belong to me	A safe place? Medicine?