

Identifying Your Relapse Prevention Signature

(List of common early warning signs in psychosis from Birchwood, 2000*)

Most people who experience psychosis go through periods where there are occurrences they would not want to repeat, such as a significant increase in symptoms, a hospitalization, dropping out of school, or other event. It is often possible to prevent a recurrence, or relapse, by identifying your own pattern that led up to past events. Below is a list early signs that many people have experienced. Circle the experiences you remember that occurred before your episode, and write additional words to describe your experience more specifically.

Thoughts

Racing thoughts
Senses seem sharper
Thinking you have special powers
Thinking that you can read other people's minds
Thinking that other people can read your mind
Receiving personal messages from the TV or radio
Having difficulty making decisions
Experiencing strange sensations
Preoccupied about 1 or 2 things
Thinking you might be somebody else
Seeing visions or things others cannot see
Thinking people are talking about you
Thinking people are against you
Having more nightmare
Having difficulty concentrating
Thinking bizarre things
Thinking your thoughts are controlled
Hearing voices
Thinking that a part of you has changed shape

Feelings

Feeling helpless or useless
Feeling afraid of going crazy

Feeling sad or low
Feeling anxious and restless
Feeling increasingly religious
Feeling like you're being watched
Feeling isolated
Feeling tired or lacking energy
Feeling confused or puzzled
Feeling forgetful or far away
Feeling in another world
Feeling strong and powerful
Feeling unable to cope with everyday tasks
Feeling like you are being punished
Feeling like you cannot trust other people
Feeling irritable
Feeling like you do not need sleep
Feeling guilty

Behaviors

Difficulty sleeping
Speech comes out jumbled filled with odd words
Talking or smiling to yourself
Acting suspiciously as if being watched
Behaving oddly for no reason
Spending time alone
Neglecting your appearance
Acting like you are somebody else
Not seeing people
Not eating
Not leaving the house
Behaving like a child
Refusing to do simple requests
Drinking more
Smoking more
Movements are slow
Unable to sit down for long
Behaving aggressively

Other things I remember that are not on this list:

*Article can be found at <http://apt.rcpsych.org/content/6/2/93>