

Chapter 10: Catching symptoms early

Personal prodrome list: downloadable chart

Purpose of this chart: Record a list of the warning signs and early symptoms for each type of mood episode you experience in order to identify them and take action early to prevent relapse.

Tips for using this chart:

- Some people notice early and late warning signs. You can note early warning signs (EW) that occur far in advance of your episode by putting EW next to that warning symptom. Late warning signs (LW) that occur close to a full episode can be highlighted by putting LW next to those warning symptoms
- Chapter 10 has some useful ideas for identifying your prodromes and chapters 2 and 3 provide suggestions about some typical changes in behaviour, thoughts and feelings that you may experience as a warning sign
- Some people do not experience warning signs. If this is the case for you note your early symptoms as this can still be helpful in catching these early and reducing the severity and length of an episode.

For more detailed instructions and explanations in using this chart see pp. 124 of *Living with Bipolar*.

| <i>Warning signs or early symptoms of mania</i> | <i>Warning signs or early symptoms of depression</i> | <i>Warning signs or early symptoms of mixed episodes</i> | <i>Warning signs or early symptoms of Hypomania</i> |
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