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Chapter 15: Preventing damage and boosting your coping skills My ideas list: downloadable chart

Purpose of this chart: To note down your ideas for projects or schemes rather than act on them impulsively with potentially unfortunate consequences at high risk times.

Tips for using this chart:

- Keep your ideas on this chart to evaluate whether they are worth pursuing
- Remember this is not a "to do" list but a list to reflect and decide on later to protect you from unfortunate consequences from acting impulsively on highly risky idea.

For more detailed explanations about using this chart see pp. 186 of Living with Bipolar.

My ideas list for evaluation when well

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