

Chapter 16: Monitoring your bipolar disorder

Monitoring prodromes: downloadable chart

Purpose of this chart: You can monitor your warning signs and symptoms on this chart to see if you are recovering or there is a worsening of symptoms and you need to take further action to reduce relapse.

Tips for using this chart

- Fill in the type of mood episode, for example, mania, depression, hypomania or mixed state that you think may be developing
- Fill in the date you are doing the monitoring at the top of each column
- List the warning symptoms you notice and if a warning symptom is mild, indicate this with one X but if it gets worse fill in two XX
- Helpful strategies to deal with warning or early symptoms are covered in chapters 11-15.

For more detailed instructions, explanations and an example of using this chart see pp. 206 and 208, table 16.3 of *Living with Bipolar*.

Monitoring prodromes of:.....

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Note your warning/early symptoms:	Record severity by number of X's	Record severity by number of X's	Record severity by number of X's	Record severity by number of X's	Record severity by number of X's	Record severity by number of X's	Record severity by number of X's