

Chapter 9: Managing your triggers

Life Chart: downloadable chart

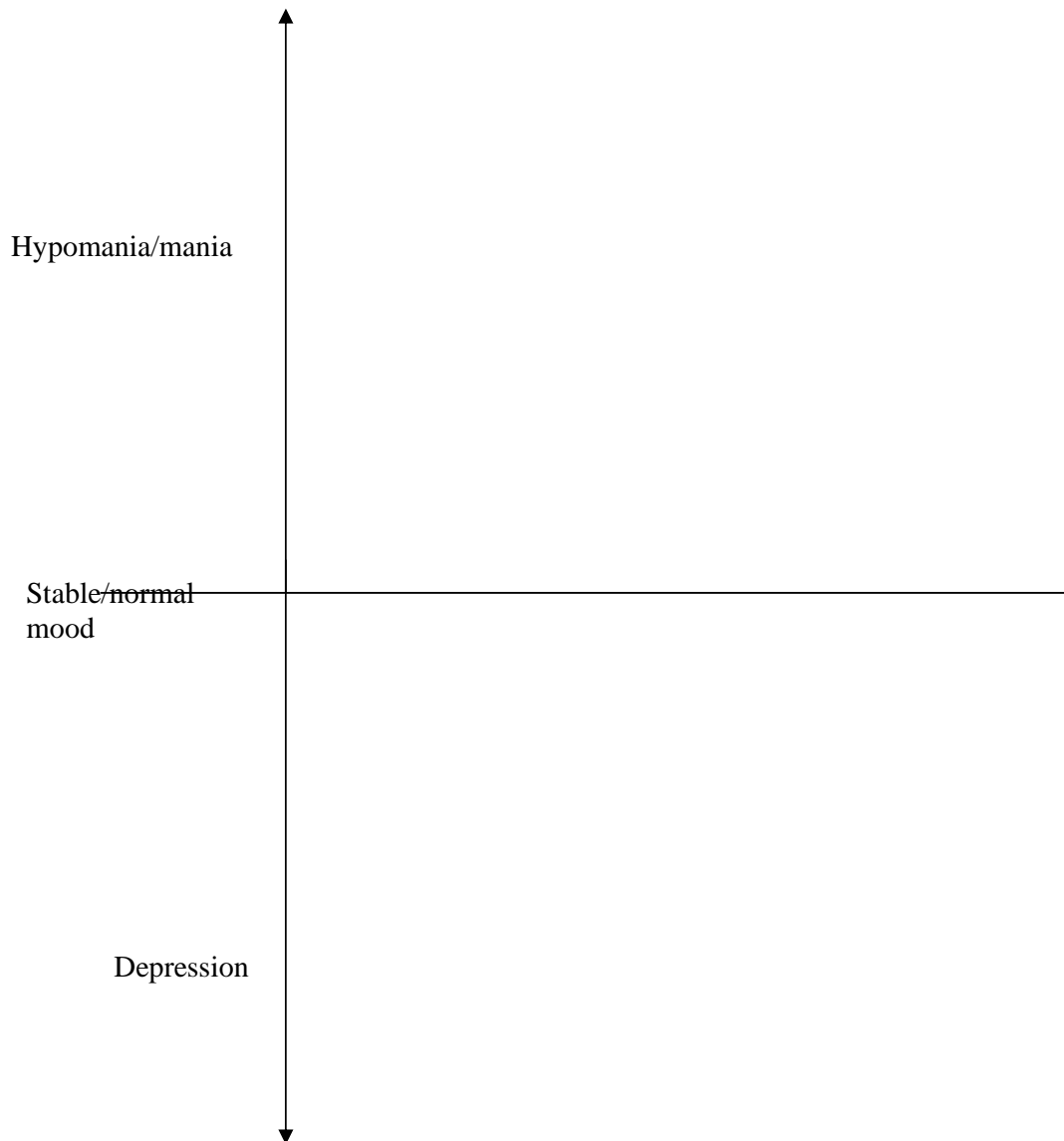
Purpose of this chart: Use your life chart to help you to identify triggers that sparked off your mood episodes.

Tips for using this chart:

- The midway horizontal line represents times of normal or stable mood and you can print out the chart and draw curves above the line to represent mania or hypomania and below the line to represent depression and above and below to represent a mixed state
- The higher the curve the more severe the mood and the wider the curve, the longer that mood lasted
- You can also fill an approximate date that your episode occurred and when it ended as well as well as anything you think may have triggered it
- Trusted friends and family may be able to help you recall events
- Look for any patterns in your episodes e.g. time of year, work or relationship stress, sleep disruption.

For more instructions, explanations and an example using this chart see pp. 116-119 of *Living with Bipolar*.

Life Chart



Date/duration:

Triggers: