

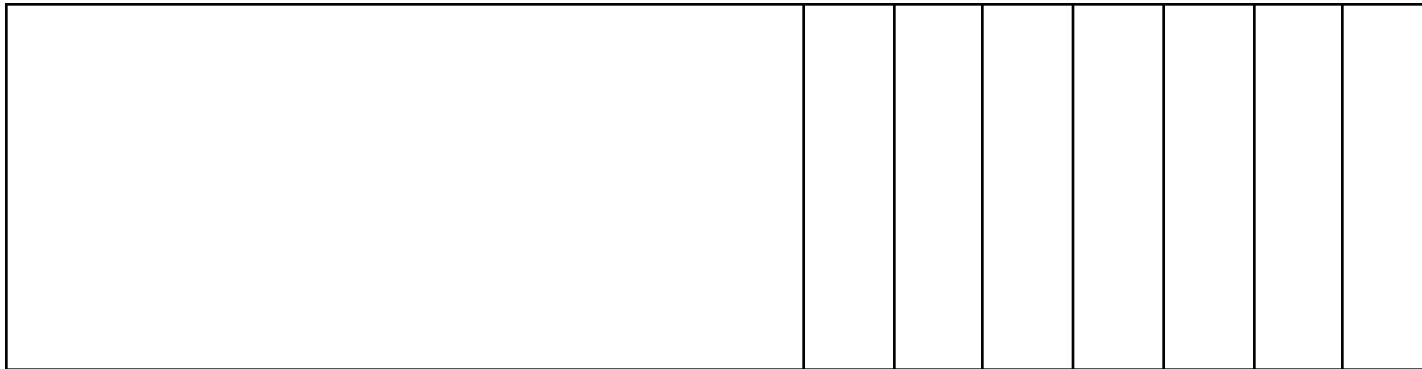


Bipolar Disorder Warning Signs Worksheet

Early warning signs indicate or predict that a full blow mood episode is not far away. Catching them at the right time can empower you to take control of your condition rather than let it control you. It only requires thorough observation and daily mood monitoring for you to be aware of these signs, something that research has proven to be true for people with bipolar disorder.

Recall and identify what signs could be indicative of a full blown episode in the future. Monitor those specific signs to notice significant changes in frequency and intensity. This will tell you the right time to deploy coping strategies or seek help if needed.

What are the signs that I have observed prior to a manic episode? (Think about when your mood was/is moderately elevated)	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
What are the signs that I have observed prior to a depressive episode? (Think about when your mood was/is moderately low?)	Mon	Tue	Wed	Thurs	Fri	Sat	Sun



References

[Morris, R. \(2004\). The early warning symptom intervention for patients with bipolar affective disorder. *Advances in Psychiatric Treatment*, 10, 18–26.](#)

[Perry, A., Tarrier, N., Morriss, R., et al \(1999\) Randomised controlled trial of efficacy of teaching patients with bipolar disorder to identify early symptoms of relapse and obtain treatment. *BMJ \(Clinical Research ed.\)*, 318\(7177\), 149–153.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.