

Early Warning Signs Timeline

Using the flash cards below, create a timeline of the early warning signs or the clients 'relapse signature' with your client and their family or friends. Early warning signs should be categorized into three separate phases: early, middle and late. These signs typically occur 1-4 weeks prior to an episode and are subtle changes in thoughts, affect, sleep disturbances and appetite issues. Although fluctuations in mood and thoughts are normal, if they are persistent over a period of time, they may be an early warning sign of relapse. Once the client's 'relapse signature,' their specific symptoms in order of which they appeared before their FEP, has been identified, they should be placed on a timeline from earliest sign to warning signs right before the FEP (see below). After the timeline, a relapse prevention plan can be established to provide steps and strategies for the client and family in order to minimize the effect of the relapse symptoms and to keep functionality and quality of life.

Preoccupied with things	Feeling depressed or low	Difficulty concentrating
Feeling as if my thoughts aren't my own	Feeling as if I am being watched	Feeling useless or helpless
Feeling stubborn	Feeling very excited	Feeling forgetful or "far away"
My speech comes out jumbled and full of odd words	Sleep has been restless or unsettled	Behaving oddly for no reason

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Not feeling like eating	Feeling like playing tricks or pranks	Feeling quiet and withdrawn
Not bothered about appearance or hygiene	Feeling violent	Thinking I could be someone else
Having aches and pains	Losing my temper easily	Having no interest in things
Feeling tired or lacking energy	Movements seem slow	Feeling as if my thoughts might be controlled
Feeling irritable or quick tempered	Feeling intense, afraid or anxious	Feeling very energetic or needing sleep

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Feeling very confident or extremely happy	Having the urge to spend a lot of money	Feeling over-assertive or having no regard for authority
Feeling that I am not safe	Not wanting to be alone	Taking on more than I can handle
Not wanting to get out of bed	Feeling that I want to hurt myself	Thinking that the radio or TV are referring specifically to me
Having difficulty focusing or concentrating	Thinking that I can communicate with spirits or people who have passed away	Having difficulty getting to work, school, leisure activities
Having difficulty managing everyday tasks	Being preoccupied with one or two things	Hearing people talking when nobody is there

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Others unable to follow what I am saying	Feeling confused or puzzled	Being open and explicit about sexual matters
Feeling unable to cope	Talking or smiling to myself	Feeling dissatisfied with myself
Feeling as if I am being laughed at or talked about	Feeling aggressive or pushy	Feeling very talkative or outgoing
New ideas are constantly coming into my mind	Feeling restless	Thinking that food or drink has been tampered with
Thinking people can read my thoughts		

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Earliest Warning Signs (3-4 weeks prior to FEP)

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Middle Warning Signs (2-3 weeks prior to FEP)

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Latest Warning Signs (0-2 weeks prior to FEP)

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