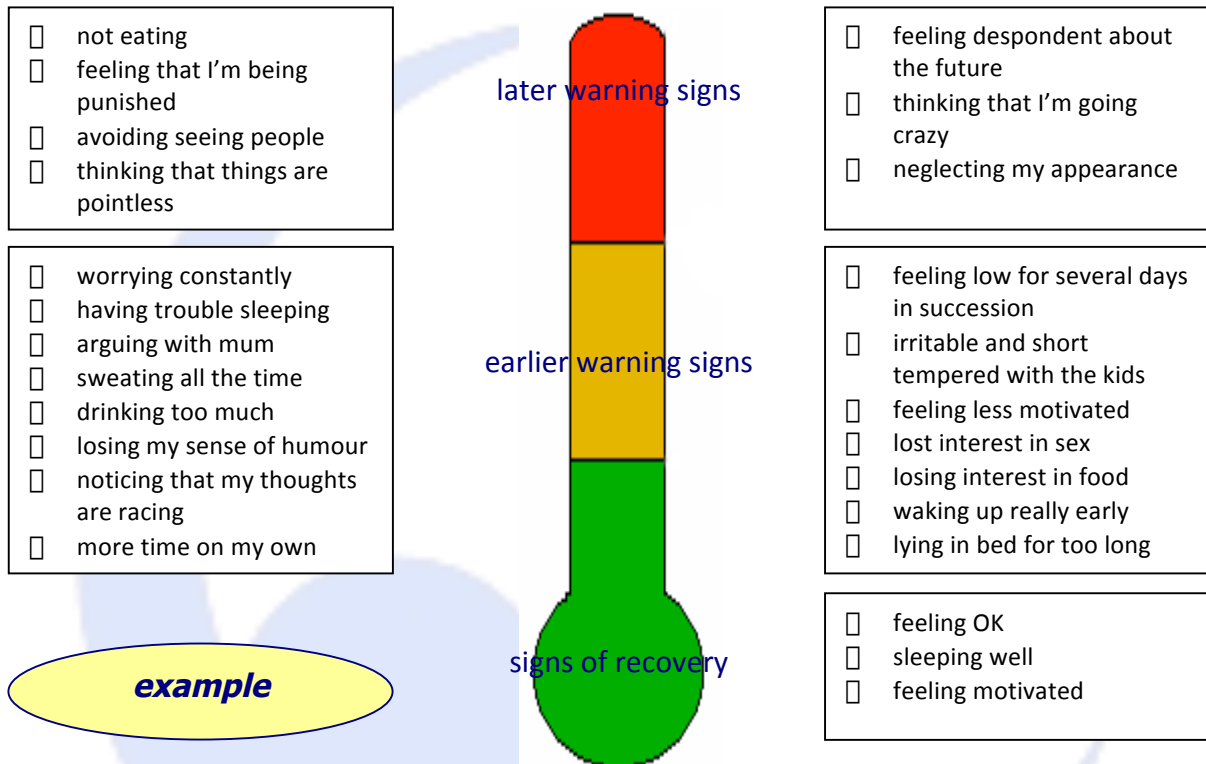


Developing your Relapse Picture

(adapted from: Neurolink / Scanlan & Manocki 2005)

Your collection of common and more individual early warning signs, and the order in which they occur, make up your 'relapse picture'. Think about how your thoughts, feelings, and behaviour have been affected by these early warning signs.

Using the idea of a thermometer of to highlight your early warning signs, your 'relapse picture' may look something like this:



Write down, in order if possible, the early warning signs which make up your relapse picture on a sheet of paper or on the back of this page.

Remember that we all have bad days when we may feel anxious, nervous, irritable, down, miserable and have had trouble sleeping. It doesn't mean that we are getting ill. If your illness is returning, you will notice clear changes in the way that you think, feel, and behave over a period of time.

If you've struggled with trying to identify your early warning signs, don't worry. Lots of people do. A good starting point is talking to people, such as your family and friends, who have been with you when you have been both ill and well. You may find that they noticed things you may have forgotten, or have chosen not to remember.

Completing your 'Relapse Picture'

Complete your own relapse picture by writing your early warning signs in the green, amber, and red sections of the thermometer, according to when they occur and how severe you feel they are. Remember that your relapse picture may look quite different from the example above.

Later Signs

Later Signs

Later Signs

Earlier Signs

Earlier Signs

Earlier Signs

Signs of Recovery

Signs of Recovery

Signs of Recovery

later warning signs

earlier warning signs

signs of recovery

Take a look at:

Neurolink / Scanlan M & Manocki H (2005) *My Journey to Confidence*. London: Neurolink.