

## Warning Signs Checklist

Your therapist will help you choose the correct response to each of the following statements.

	Rarely	Just Before I Get Sick Or Relapse	Frequently
1. I have no interest in doing things.	_____	_____	_____
2. I have no interest in the way I look or dress.	_____	_____	_____
3. I feel discouraged about the future.	_____	_____	_____
4. I have trouble concentrating about the future.	_____	_____	_____
5. My thoughts go so fast I can't keep up with them.	_____	_____	_____
6. I feel distant from friends and family.	_____	_____	_____
7. Religion is very meaningful to me.	_____	_____	_____
8. I have trouble making everyday decisions.	_____	_____	_____
9. I am bothered by thoughts I can't get rid of.	_____	_____	_____
10. I have trouble sleeping.	_____	_____	_____
11. I seldom see my friends.	_____	_____	_____
12. I feel bad for no reason.	_____	_____	_____
13. I feel tense and nervous.	_____	_____	_____
14. I feel depressed or worthless.	_____	_____	_____
15. I have trouble remembering things.	_____	_____	_____
16. I eat very little.	_____	_____	_____
17. I have trouble getting along with family members or friends.	_____	_____	_____
18. I feel people are making fun of me; they laugh and talk about me.	_____	_____	_____
19. I don't enjoy things.	_____	_____	_____
20. I feel too excited.	_____	_____	_____
21. I talk in ways that don't make sense to others.	_____	_____	_____
22. I have bad dreams.	_____	_____	_____
23. I am too aggressive or pushy.	_____	_____	_____
24. I feel angry about little things.	_____	_____	_____
25. I have thoughts of hurting or killing myself.	_____	_____	_____
26. I have frequent aches or pains.	_____	_____	_____
27. I have fears of going crazy.	_____	_____	_____
28. I have thoughts of hurting or killing others.	_____	_____	_____
29. I drink a lot of alcohol or use a lot of drugs.	_____	_____	_____
30. I think that parts of my body are changing or somewhat are different.	_____	_____	_____
31. I feel that my surroundings are strange or unreal.	_____	_____	_____
32. I sleep a lot.	_____	_____	_____
33. People tell me I look or act different.	_____	_____	_____

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|---|-------|-------|-------|
| 34. I am preoccupied with sexual thoughts.                                | _____ | _____ | _____ |
| 35. I get into a lot of arguments.  | _____ | _____ | _____ |
| 36. I feel frightened in situations that used to feel comfortable.        | _____ | _____ | _____ |
| 37. I lose weight.  | _____ | _____ | _____ |
| 38. I gain weight.  | _____ | _____ | _____ |
| 39. I feel that others don't care about me.                               | _____ | _____ | _____ |
| 40. I feel that others are trying to hurt me or make me ill.              | _____ | _____ | _____ |
| 41. I experience feelings or sensations other than the ones listed above. | _____ | _____ | _____ |

If you experience other sensations or feelings, please describe them:

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# Severity of Warning Signs

**Warning Sign**

**Severity**

1. \_\_\_\_\_  
\_\_\_\_\_

Severe is \_\_\_\_\_  
\_\_\_\_\_

Moderate is \_\_\_\_\_  
\_\_\_\_\_

Mild is \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Severe is \_\_\_\_\_  
\_\_\_\_\_

Moderate is \_\_\_\_\_  
\_\_\_\_\_

Mild is \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

Severe is \_\_\_\_\_  
\_\_\_\_\_

Moderate is \_\_\_\_\_  
\_\_\_\_\_

Mild is \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

Severe is \_\_\_\_\_  
\_\_\_\_\_

Moderate is \_\_\_\_\_  
\_\_\_\_\_

Mild is \_\_\_\_\_  
\_\_\_\_\_