



## Therapy Unit 11: Living with Psychosis and Relapse Prevention

### Worksheet 11.4. Emergency plan

#### What should I do if I begin to notice warning symptoms of a relapse?

Symptoms	What do I do:
<b>Early warning symptoms:</b> e.g.: nervousness, being unable to do work, getting into arguments with others more frequently	e.g.: paying more attention to myself, reducing stress, asking people I trust if they are noticing changes in me
<b>Late warning symptoms:</b> e.g.: sleeping problems, feeling that others are talking or laughing about me	e.g.: reading through the Metacognitive therapy papers (including the yellow card) and considering whether there are alternative explanations for my presumptions
<b>First symptoms of psychosis:</b> e.g.: hearing insulting or harassing voices	e.g.: calling my therapist and scheduling an appointment
<b>Serious symptoms of psychosis:</b> e.g.: feeling of being persecuted	e.g.: turning to a trusted person who is familiar with the situation and can ensure that I am admitted to the hospital.