



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

### Worksheet 11.3. Early warning symptoms

**11.3a Checklist:** Which symptoms could possibly signal the recurrence of a psychotic episode? (checklist adapted from Behrendt 2009)

<ul style="list-style-type: none"><li>○ I prefer to withdraw to the privacy of my home instead of doing something with others.</li></ul>	<ul style="list-style-type: none"><li>○ Other people think that my ideas and/or my behaviours are strange and unusual.</li></ul>
<ul style="list-style-type: none"><li>○ I have become quieter.</li></ul>	<ul style="list-style-type: none"><li>○ I often lose my train of thought.</li></ul>
<ul style="list-style-type: none"><li>○ I have become rather timid and insecure around other people.</li></ul>	<ul style="list-style-type: none"><li>○ There are times when I feel watched.</li></ul>
<ul style="list-style-type: none"><li>○ I have difficulties interpreting other people's facial expressions and to deduce what other people are thinking.</li></ul>	<ul style="list-style-type: none"><li>○ My usual environment sometimes appears unreal or strange to me (e.g. particularly impressive, thrilling, or threatening).</li></ul>
<ul style="list-style-type: none"><li>○ My mood has been low, sad, or desperate for weeks.</li></ul>	<ul style="list-style-type: none"><li>○ I perceive sounds, colours or odours in my environment in an unusually intensive way.</li></ul>
<ul style="list-style-type: none"><li>○ My sleep is worse than usual and I eat a lot more or less than usual (change of appetite).</li></ul>	<ul style="list-style-type: none"><li>○ Sometimes it seems to me as though things or people have changed their external appearance (e.g. in shape or size).</li></ul>
<ul style="list-style-type: none"><li>○ My movements, thoughts, and language abilities have noticeably slowed down.</li></ul>	<ul style="list-style-type: none"><li>○ Lately, I increasingly get the impression that others are trying to fool me, deceive me, or take advantage of me.</li></ul>
<ul style="list-style-type: none"><li>○ My endurance and motivation at school, during studies, at work, or during free-time activities have strikingly decreased.</li></ul>	<ul style="list-style-type: none"><li>○ I increasingly have the impression that certain events in everyday life (e.g. TV news) target me personally or are only meant for me.</li></ul>
<ul style="list-style-type: none"><li>○ I take less care of my personal needs than I used to, such as my health, nutrition, personal hygiene, clothes, or order around my home.</li></ul>	<ul style="list-style-type: none"><li>○ I see, hear, taste, or smell things that others cannot perceive.</li></ul>
<ul style="list-style-type: none"><li>○ I often feel nervous, anxious or tense.</li></ul>	<ul style="list-style-type: none"><li>○ I feel like I have to fulfil a special mission.</li></ul>
<ul style="list-style-type: none"><li>○ I now get into more fights and arguments with friends, relatives, and other people than I used to.</li></ul>	<ul style="list-style-type: none"><li>○ I often have difficulties differentiating between my imagination and real events.</li></ul>
<ul style="list-style-type: none"><li>○ I quickly form an opinion about things and no one can argue me out of it.</li></ul>	<ul style="list-style-type: none"><li>○ I am full of energy and feel rested after a few hours of sleep.</li></ul>
<ul style="list-style-type: none"><li>○ My thoughts sometimes get mixed up in my head.</li></ul>	<ul style="list-style-type: none"><li>○ Sometimes my thoughts are suddenly interrupted or disturbed by other thoughts.</li></ul>
<ul style="list-style-type: none"><li>○ Recently, other people tell me often that I have changed.</li></ul>	<ul style="list-style-type: none"><li>○</li></ul>
<ul style="list-style-type: none"><li>○</li></ul>	<ul style="list-style-type: none"><li>○</li></ul>