

STRESS-Vulnerability Worksheet

Vulnerability Factors: What factors do you think might have increased your vulnerability to developing bipolar disorder or a depressive, hypomanic, or manic episode?

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Risk Factors: What things might increase your risk of experiencing a depressive, hypomanic, or manic episode?

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Stress Checklist: Were you stressed by anything happening in your life before you had a depressive, hypomanic, or manic episode?

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Protective Factors: What are some of the resources and strengths you might have that might decrease the risk of your experiencing a depressive, hypomanic, or manic episode?

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