
Worksheet 11.2 Early Warning Signs: Emotional Changes Review

1. Have I started avoiding people lately? If so, who, what, when, where, whom, and why?

2. Have my thoughts become dark and pessimistic? If so, what are they, and how common are they?

3. Have I noticed any changes to my appetite? If so, how long has it lasted, and have I lost or gained any weight?

4. Have I been avoiding activities or places lately? If so, what, where, when, and why?

5. Have I noticed any changes to my sleeping patterns? If so, what are the changes, and how often do they occur?

6. Have I been more irritable than usual? If so, where, and under what circumstances?
