Personal Early Warning Signs - Practice worksheet

With a clinician, list personally meaningful early changes, possible alternative explanations, and agreed response steps.

Adults; supported use as appropriate | 15 minutes

Fictional example: Casey notices less sleep and difficulty attending usual activities.

Use an ordinary or fictional example, with a clinician when appropriate. Changes can be noticed relative to an individual's usual pattern without self-diagnosis.

Practice task

With a clinician, list personally meaningful early changes, possible alternative explanations, and agreed response steps.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which changes should prompt a planned conversation with your team?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A07-2