Personal Early Warning Signs - Review journal

Review an attempt at personal early warning signs and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which changes should prompt a planned conversation with your team? My optional adjustment or support request:

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-A07-5