

EARLY WARNING SIGNS CHECKLIST

Thinking / Perception	Feelings	Behaviours
<input type="checkbox"/> Thoughts are racing	<input type="checkbox"/> Feeling irritable	<input type="checkbox"/> Difficulty sleeping
<input type="checkbox"/> Senses seem sharper	<input type="checkbox"/> Feeling anxious or restless	<input type="checkbox"/> Speech comes out all jumbled, odd words
<input type="checkbox"/> Thinking you have special powers	<input type="checkbox"/> Feeling sad or low	<input type="checkbox"/> Talking or smiling to yourself
<input type="checkbox"/> Thinking you can read other people's minds	<input type="checkbox"/> Feeling helpless or useless	<input type="checkbox"/> Acting suspiciously as if being watched
<input type="checkbox"/> Thinking other people can read your mind	<input type="checkbox"/> Feeling afraid of going crazy	<input type="checkbox"/> Behave oddly for no reason
<input type="checkbox"/> Receiving personal messages from the TV/radio/computer	<input type="checkbox"/> Feeling increasingly religious	<input type="checkbox"/> Spending time alone
<input type="checkbox"/> Thinking your thoughts are controlled	<input type="checkbox"/> Feeling like you are being watched	<input type="checkbox"/> Neglecting your appearance
<input type="checkbox"/> Having difficulty making decisions	<input type="checkbox"/> Feeling isolated	<input type="checkbox"/> Acting like you are somebody else
<input type="checkbox"/> Experiencing strange sensations	<input type="checkbox"/> Feeling tired or lacking energy	<input type="checkbox"/> Not seeing other people
<input type="checkbox"/> Preoccupied about one or two things	<input type="checkbox"/> Feeling confused or puzzled	<input type="checkbox"/> Not eating
<input type="checkbox"/> Thinking you might be somebody else	<input type="checkbox"/> Feeling forgetful or far away	<input type="checkbox"/> Not sleeping
<input type="checkbox"/> Seeing visions or things others cannot see	<input type="checkbox"/> Feeling in another world	<input type="checkbox"/> Not leaving the house
<input type="checkbox"/> Thinking people are talking about you	<input type="checkbox"/> Feeling strong and powerful	<input type="checkbox"/> Having emotional outbursts
<input type="checkbox"/> Thinking people are against you	<input type="checkbox"/> Feeling unable to cope with everyday tasks	<input type="checkbox"/> Refusing to do simple requests
<input type="checkbox"/> Having more nightmares	<input type="checkbox"/> Feeling like you are being punished	<input type="checkbox"/> Drinking more
<input type="checkbox"/> Having difficulties concentrating	<input type="checkbox"/> Feeling like you cannot trust other people	<input type="checkbox"/> Smoking more
<input type="checkbox"/> Thinking bizarre things	<input type="checkbox"/> Feeling like you do not need sleep	<input type="checkbox"/> Movements are slow
<input type="checkbox"/> Hearing voices	<input type="checkbox"/> Feeling guilty	<input type="checkbox"/> Unable to sit down for long
<input type="checkbox"/> Thinking a part of you has changed shape		<input type="checkbox"/> Behaving aggressively