

Warning Signs (adapted from Mary Ellen Copeland, *Wellness Recovery Action Plan*, Dual Diagnosis, August 2003). These signs came from consumers, not physicians.

Early Warning signs indicating need to take some action: call doctor, go to extra support group, call your supporters; pay closer attention to things you need to do every day to stay well.	Pre-Crisis Behavior is important to recognize because you still have control and with work and support can avoid full blown Crisis.	In Crisis. Make your own list of what you do when in Crisis. Below are some symptoms of crisis that others have experienced. Ask your friends which ones you do.
Nervousness	Using a “little bit” of an addictive substance	Use of alcohol or drugs
Forgetfulness	Making efforts to obtain addictive substances	Dissociation (blacking out, spacing out, losing time)
Denial of illness	Feeling tempted to get in touch with people you know you should avoid.	Seeing things that others can’t see
Lack of motivation	Feeling over sensitive, fragile	Incorrectly identifying family members or friends
Feeling slowed down or speeded up	Irrational responses to events and actions of others	Being unconscious or semi conscious
Being uncaring	Sleeping all the time	Uncontrollable pacing, unable to stay still
Avoiding others	Not being able to sleep	Very rapid breathing; gasping for breathe
Making excuses	Wanting to be totally alone	Cant stop constantly washing your face or some other compulsive behavior
Being obsessed with something that doesn’t really matter	Racing thoughts	Severe agitation, where you are unable to stop repeating negative statements like “I want to die”
Beginning irrational thought patterns	Taking risks like driving too fast	Not moving for long periods of time called Catatonia
Increased irritability	Unable to slow down	Neglecting personal hygiene: not showering, changing clothes or brushing teeth, or combing hair
Feeling unconnected to your body	Taking out anger on others	Not understanding what people are saying.
Increased smoking	Chain smoking	Extreme mood swings daily
Not keeping appointments	Spending over \$100 at one	Destroying property usually

	time	yours, not hurting other people.
Spending money on unneeded items	NOT feeling anything	Not getting out of bed at all
Impulsivity	Thinking about death and end	Thinking you are someone you are not-a musician, movie star, prophet.
Dizziness	Being paranoid	Abusive or violent behavior
Feeling discouraged, hopeless	Neglecting personal hygiene for one or two days	Thinking you have ability to do something you cannot do, like fly
Passing exits on the interstate		Extreme mood swings daily.
Not buckling your seat belt		Criminal activity
Turning off the phone answering machine		Threatening suicide or attempting suicide
Overeating		Refusing to eat or drink
Craving illicit drugs or alcohol		
Weepiness		
Secretiveness		
Being too quiet		
Easily frustrated		
Feelings of abandonment or rejection		
Feeling compelled to take too much pain medication		

If you experience the symptoms in the first two columns above:

What you can do	You no longer need supporters to help you when:
Call your doctor and ask for instructions	You have slept through the night for three nights
Arrange a visit with your counselor	You are eating at least two good meals a day
Go to three 12 step meetings	You are taking care of your personal hygiene needs
Do two 20 minute relaxation exercises including deep breathing and two focusing exercises	You can carry on a good conversation. People you are talking with think it is a good conversation.
Take a long walk	You can keep your living space organized
Spend one hour doing	You can be in a crowd without being anxious

something you really enjoy	
Eat three healthy meals a day	You are no longer trying to abuse substances
Spiritual communication such as prayer or meditation	You no longer actively think you need pain medication
Work on changing negative thoughts to positive ones	Now that you are thinking in a healthy way, it is a good time to make out an Advanced directive or Durable Power of Attorney to specify someone to make decisions on your behalf for your care during a crisis when it will be decided that you have lost capacity to do so yourself.
Spend some quality time with children	You are keeping appointments and planning your transportation to get there.
Spend some quality time with your significant other	You are proud of the short time it took to get through this crisis, and think you know what to do better next time.
Get someone to stay with you around the clock	
Give credit cards and car keys to a support person	
Take three days off from responsibilities.	
Do creative activities at least an hour each day	
Write in your journal for half an hour, next day an hour	
Talk to two peer supporters each day	
Think about what you will do when you feel better	
Call your sponsor and talk as long as you need to	

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