



A PLAN OF ACTION

My most significant early warning signs are:

<i>Early Warning Signs of Mania</i>	<i>Early Warning Signs of Depression</i>

My plan of action for relapse prevention:

What I would do to prevent a full-blown <i>manic</i> episode	What I would do to prevent a full-blown <i>depressive</i> episode
What I would ask my friends or family to do for me	What I would ask my friends or family to do for me
What I would ask my friends or family to say to me	What I would ask my friends or family to say to me