

My symptom profile (see Table 2, p.115)

Highs	Depression	Mixed states or other mood swings
<p>My common symptoms* are:</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>My common symptoms* are:</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>My common symptoms* are:</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>
<p>My less common symptoms* are:</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>My less common symptoms* are:</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>My less common symptoms* are:</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>

*Put a star next to the symptoms or changes you notice *first*: these are your early warning symptoms