

# My Warning Signs

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**What do you notice when your mood is getting low:**

- 1) **What kinds of thoughts/stories go through your mind?**
  
  
  
  
  
  
  
  
  
  
- 2) **What does this feel like in your body (sensations, heaviness, tension, heat)?**
  
  
  
  
  
  
  
  
  
  
- 3) **What types of urges do you get (numb, avoid, become aggressive)?**
  
  
  
  
  
  
  
  
  
  
- 4) **What types of behaviours do you engage in (eat, sleep, cancel plans, pick arguments)?**
  
  
  
  
  
  
  
  
  
  
- 5) **What are your triggers for low mood (topics, people, places, activities)?**