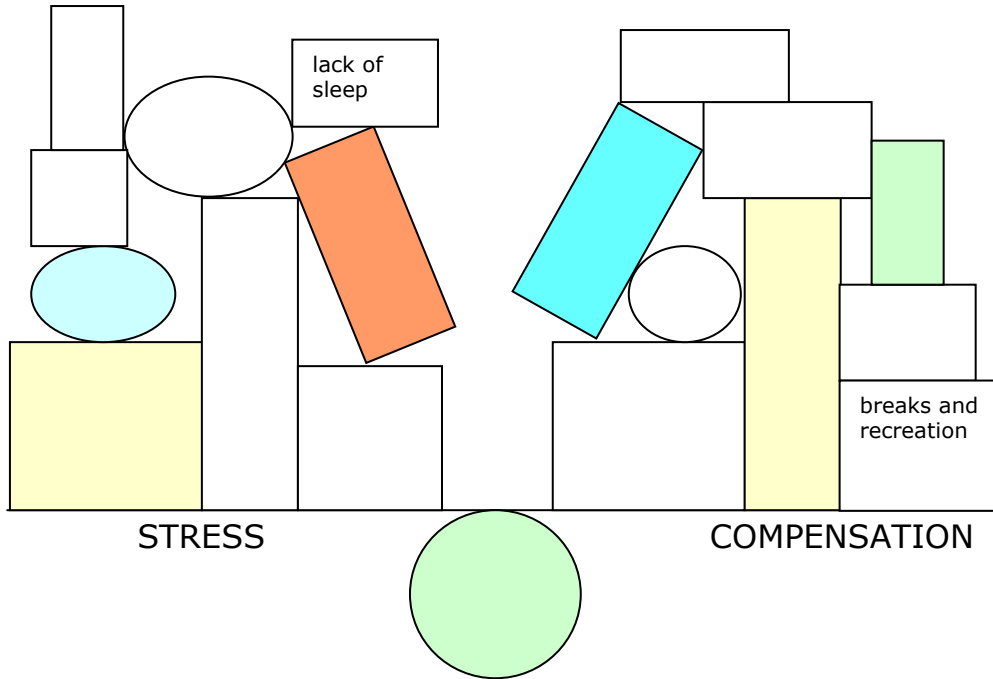




## Worksheet on Training Module 5 (Memory, stress reduction, & prevention of relapse)

**Stress scales:** For well-being, stress and its compensation should be kept in balance. If stress prevails, the scales become unbalanced. This raises the risk of relapse.



*(adapted from Berendt, 2001)*



### How memory errors promote misinterpretation during psychosis

**- examples of false memories in everyday life** (when under stress, we sometimes remember statements in ways that they were not exactly said /not exactly as how they were said)

False/ distorted memory of an event	Actual situation	Consequences of false memories

**Early symptom checklist** (Which symptoms **could** signal the recurrence of a psychotic episode?)

- I have become quieter and prefer to withdraw to the privacy of my home instead of doing something with others.
- I have become rather timid and insecure among other people.
- My mood has been low, sad, or desperate for weeks.
- My sleep is worse than usual, and/or I eat a lot more or less than usual (change of appetite).
- My movements, thoughts, and language abilities have noticeably slowed down.
- My endurance and motivation at school, during studies, at work, or during free-time activities have strikingly decreased.
- I take less care of my personal needs than I used to, such as my health, nutrition, bodily hygiene, clothes, or order around my place.
- I am often nervous, anxious, or tense.
- I now get into more fights and arguments with friends, relatives, and other people than I used to.
- My thoughts sometimes get mixed up in my head.
- Lately, I increasingly get the impression that others try to fool me, deceive me, or take advantage of me.
- I increasingly have the impression that certain events in everyday life (e.g. hints or messages from my environment) target me personally or are only meant for me.
- My usual environment sometimes appears unreal or strange to me (e.g. particularly impressive, thrilling, or threatening).
- I perceive sounds or colours in my environment in an unusually intensive way.
- Sometimes it seems to me as though things or people have changed their outer appearance (e.g. in shape or size).
- Sometimes my thoughts are suddenly interrupted or disturbed by other thoughts.
- There are times when I feel watched, persecuted, or threatened.
- It happens that I see, hear, taste, or smell things that others cannot perceive.
- I feel like I have to fulfill a special mission.
- Recently, I have perceived my work/tasks as astonishingly easy and I feel like I can achieve anything (better than others).
- Friends turn away from me.
- I feel full of energy, need little sleep, and have many excellent new ideas.

**These complaints are unspecific. They may, but do not have to, signal/announce a recurring psychosis. However, be cautious when several of the complaints occur simultaneously!**



**Early warning symptoms**

(acute psychoses rarely have a sudden onset – rather, they occur gradually.)

<b>early warning symptoms</b> (8 weeks in advance) <i>e.g. sleeping problems</i>	<b>early warning symptoms</b> (4 weeks in advance) <i>e.g. suspiciousness</i>	<b>late warning symptoms</b> <b>first symptoms</b> (1 week in advance) <i>e.g. highly preoccupied with conspiracy theories</i>