

Persistent Symptoms

Are you still having symptoms that distress you?

Many people that have experienced psychosis continue to have symptoms from time to time even when they are continuing to take medication.

Check off any symptoms that are currently bothering you. Then use the thermometer to rate how distressed you feel by these symptoms.

- Hearing or seeing things that are not there
- Having unusual or bothersome thoughts
- Problems thinking clearly
- Feeling anxious
- Feeling sad

After you have done your ratings share this information with your EPI Clinician and Psychiatrist. This information will allow them to better work with you in overcoming these troublesome symptoms.

