

Triggers	Depression (✓)	Mania or Hypomania (✓)
Work		
Relationship		
Family		
Travel		
Social		
Unavoidable, completely 'out-of the blue'		
Drinking		
Medication-related		
Sleep too much		
'Too much activity'		
Positive events		
Financial		
Other		
None		

Select what *you* consider to be any possible triggers for both types of episode (Depression and Mania/Hypomania)

Share this list with your friend or loved one when you've finished. If they agree, it could be useful to compare it with their own list of triggers.