

THINKING / PERCEPTION

19 cards

Thoughts are racing

T1

Senses seem sharper

**Thinking you have
special powers**

T2

T3

**Thinking that you can
read other people's
minds**

**Thinking that other
people can read your
mind**

T4

T5

**Receiving personal
messages from the TV
or radio**

**Having difficulty
making decisions**

T6

T7

**Experiencing strange
sensations**

**Preoccupied about 1
or 2 things**

T8

T9

**Thinking you might be
somebody else**

T10

**Seeing visions or
things others cannot
see**

T11

**Thinking people are
talking about you**

T12

**Thinking people are
against you**

T13

**Having more
nightmares**

T14

**Having difficulty
concentrating**

T15

Thinking bizarre things

T16

**Thinking your
thoughts are
controlled**

T17

Hearing voices

T18

**Thinking that a part of
you has changed
shape**

T19

FEELINGS

**Feeling helpless or
useless**

18 cards

F1

**Feeling afraid of going
crazy**

Feeling sad or low

F2

F3

**Feeling anxious and
restless**

**Feeling increasingly
religious**

F4

F5

**Feeling like you're
being watched**

Feeling isolated

F6

F7

**Feeling tired or lacking
energy**

**Feeling confused or
puzzled**

F8

F9

**Feeling forgetful or far
away**

**Feeling in another
world**

F10

F11

**Feeling strong or
powerful**

**Feeling unable to cope
with everyday tasks**

F12

F13

**Feeling like you are
being punished**

**Feeling like you cannot
trust other people**

F14

F15

Feeling irritable

**Feeling like you do not
need sleep**

F16

F17

Feeling guilty

F18

BEHAVIOURS

Difficulty sleeping

18 cards

B1

**Speech comes out
jumbled, filled with odd
words**

**Talking or smiling to
yourself**

B2

B3

**Acting suspiciously as
if being watched**

**Behaving oddly for no
reason**

B4

B5

Spending time alone

**Neglecting your
appearance**

B6

B7

**Acting like you are
somebody else**

Not seeing people

B8

B9

Not eating

B10

Not leaving the house

B11

Behaving like a child

B12

Refusing to do simple requests

B13

Drinking more

B14

Smoking more

B15

Movements are slow

B16

Unable to sit down for long

B17

Behaving aggressively

B18