

**TRIGGERS CHART**

Triggers	Most recent depression	Most recent mania or hypomania	Depression generally	Mania or hypomania generally
Work				
Relationship				
Family				
Travel				
Social				
No obvious trigger				
Drinking				
Medication				
Sleep				
Too much activity				
Pleasurable/ positive events				
Financial				
Other				

**My top three triggers for mania are:**

- 1.
- 2.
- 3.

**My top three triggers for depression are:**

- 1.
- 2.
- 3.