

# STRESS-Vulnerability Worksheet

**Vulnerability Factors:** What factors do you think might have increased your vulnerability to developing bipolar disorder or a depressive, hypomanic, or manic episode?



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**Stress Checklist:** Were you stressed by anything happening in your life before you had a depressive, hypomanic, or manic episode?



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**Risk Factors:** What things might increase your risk of experiencing a depressive, hypomanic, or manic episode?



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**Protective Factors:** What are some of the resources and strengths you might have that might decrease the risk of your experiencing a depressive, hypomanic, or manic episode?



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