

SYMPTOMS OF PSYCHOSIS

These are some of the most commonly seen symptoms associated with psychosis. Please be aware that some or all of these may be absent in a particular person or episode while psychosis is still present.

CHANGES IN PERCEPTION/HALLUCINATIONS

Feeling like your mind is playing tricks on you

For example: Hearing noises or voices then realizing they aren't there. Seeing things others seem to not see. Hearing your thoughts as if outside your head.

SUSPICIOUSNESS

Paranoia or feelings of persecution

For example: Feeling people around you are thinking about you negatively, or making you feel unsafe, or intending to harm you. Feeling paranoid and distrustful, or that you are being watched.

UNUSUAL THOUGHT CONTENT

Confusion about whether something is real or imaginary

For example: Beginning to believe in odd or unusual things that are difficult to explain. Believing you can read people's mind or that others are reading your mind. Feeling like the radio or TV are communicating directly to you. Believing external forces are controlling thoughts, feelings and behaviors. Feeling something odd is going on or that something is wrong that you cannot explain.

DISORGANIZED COMMUNICATION

Thoughts are hard to follow and/or control

For example: Difficulty putting together your words in order to communicate. Strange pauses in conversation. Answering questions unrelated to the conversation. Changing topics. Incomplete thoughts. Trouble with focus and attention at school. Difficulties being understood or getting your point across.



GRANDIOSE IDEAS

Exaggerated self-opinion

For example: Having an unrealistic sense of superiority. Expansiveness and boastfulness. Thinking you have new special powers or are on a special mission.

BEHAVIOR CHANGES

Pulling away from friends and family

For example: Becoming more isolated. Trouble with motivation for regular day-to-day activities. Losing interest in things you typically enjoy. Being preoccupied with your own thoughts.

EMOTIONAL CHANGES

Changes in the way one feels or expresses emotions

For example: Feeling numb or disconnected from your life. Feeling detached or more intensely emotionally engaged. Losing sense of self and identity.

DISORGANIZATION

Behavior that seems peculiar, odd, or eccentric to others

For example: Difficulty following directions or completing tasks as one used to. Purposeless movements or behaviors. Bizarre or illogical thinking. Not taking care of oneself.

DECLINE IN FUNCTIONING

Not doing as well in everyday life activities

For example: Being unable to tolerate stress. Sleep disturbances. Having a harder time getting typical daily activities done. No longer engaging in activities that promote health and wellbeing, such as exercise or socializing.