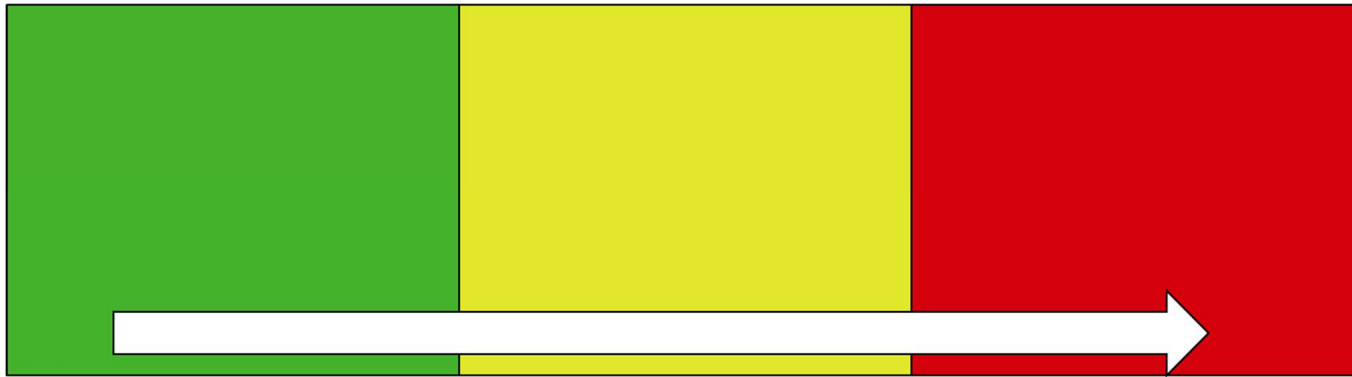


The Warning Sign Continuum



1. Try and identify your top three most frequent warning signs. "THE BIG THREE"
2. Are they all physical, emotional or behavioural or do you see a mixture of the signs from each category?
3. Would you say you are currently in the Green (healthy), Yellow (warning sign) or Red zone with your overall functioning?