

what is psychosis?

Psychosis is a condition that affects a person's ability to know what is real versus what is not real. Psychosis is more common than people think - about 3% of all people will experience psychosis at some point in their life.

Hearing voices and having unusual thoughts often occur in psychosis. People who experience psychosis often experience other types of problems too.

On the next page is a list of symptoms of psychosis. There is also a list of some of the other types of problems that people with psychosis may experience.

Think about the symptoms that you have experienced. Place a check mark next to those that you think you have had. Then write a short description of your experience with this symptom.

After you have completed this activity, you will have a list of symptoms that you have experienced. You may have experienced many of these symptoms or perhaps only a few. Doing this will help you to figure out whether you had problems with psychosis. It will also help you to identify targets for change that you can work on with your EPI Clinician and Psychiatrist – so share this list with them.

symptoms of psychosis

Symptom

Description

Hearing things or seeing things that aren't there (called a hallucination)

Having an unusual belief about something that other people don't understand (called a delusion)

Problems thinking or speaking

Feeling unable to get out and do anything

Not displaying much emotion

other types of problems

Feeling sad

Feeling energized and excited

Feeling anxious

Problems doing things like shopping, hobbies, going to work or school

Problems getting along with others such as family and friends

Wanting to be alone all the time

Other problems
