

# Time Map Record Sheet

Record the date, where the person was living and what they were doing, significant life events etc

Record the symptoms experienced, substance use, coping strategies and help seeking attempts. Also the person's way of describing what they thought was happening at that time.

OCTOBER 2006  
Living at home  
Girlfriend overseas  
Working F/T at Optus

Drop in work performance  
Hard to cope with every day tasks  
Feeling sad and low (because girlfriend had left)  
Cannabis – 4 or 5 cones with mates

END NOVEMBER to XMAS  
Girlfriend back for 1 week, then moved to UK  
Dog died

Preoccupied with idea of starting business  
Difficulty sleeping  
Not eating, poor appetite, lost weight  
Increased cannabis and cigarette smoking

XMAS to EARLY JANUARY 2007  
Still living at home  
Working at Optus, but also getting organised to start own internet business

Irritable, fighting with mum  
Still sad, but getting a bit agro  
Bought new computer for business, led to \$3,000 credit card debt  
Ecstasy over party season, less cannabis, increased alcohol (6-8 vodka red bulls, plus shots)  
**Talked to mates and sister**

LATE JANUARY 2007  
Lost contact with girlfriend  
Working extra hours at Optus (but not making extra sales)  
Sister home on leave from work

Reduced sleep 5-6 hours (usually 8-9 hours)  
Saw shadow down side of house – thought sister saw it too, but she didn't  
Cannabis once or twice a week, and drinking after work with mates  
**Used cannabis to sleep, but didn't help**

FEBRUARY 2007  
Living at home  
Still working at Optus  
Talking about new business a lot at work, boss getting "agro"

Felt "awesome", senses really switched on, felt "really sharp"  
Elated and excited, talking quickly  
Rushing around, really busy  
Increased energy and motivation  
Mum said he was disorganised  
Reduced sleep 4-5 hours  
Difficulty concentrating  
Phoning sister 5 x a day at work, not making much sense  
**Talked to sister, went out for coffee with her, phoned sister at work**

MARCH 2007  
Still living at home  
Left job at Optus  
Working on own business 20 hours per day – friend involved with business was getting scared of him

Thought he could hear voices on recording of himself sleeping  
Manic, reduced sleep 3-4 hours. Up for 2 nights prior to admission to hospital  
Suspicious – people watching and trying to control him, thought people were trying to kill him  
Special meanings from object eg. Bobbing dog  
Went to visit friends he hadn't seen since school  
Bought knife. Police took him to hospital