

Mental Health/  
Illness Process  
Chart

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Improved level of  
Mental and/or Physical  
Health experienced.

Usual level of  
Mental health  
experienced.

**Normality**  
(For the purpose of this  
exercise, 'normality' is set as  
the usual levels of Mental or  
Physical Health which I  
personally experience and not  
those experienced by others)

Usual level of  
Physical health  
experienced.

Introduction or  
awareness  
of a positive  
event/factor

No notable  
event or  
influence

Introduction or  
awareness  
of a negative  
event/factor

Causality

Introduction  
of a  
Trigger

Introduction  
of a significant  
Negative Factor

Introduction  
of a  
Stress Factor

Introduction  
of an abuse-  
based Trigger

Effect

Decreased level of  
Mental Health  
Experienced.

Sporadic episode of  
decreased level of  
Mental Health  
Experienced.

Increased levels of  
Anxiety

Increased levels of  
Dialogues & Thoughts

Increased levels of  
Confusion

Reduced levels of  
Comprehension

Reduced levels of  
Focus

Increased difficulties  
with Memory

Increased difficulties  
Relaxing & Sleeping

Increased tendency  
to Isolate

Reduced levels of  
Motivation

Reduced Optimism/  
Increased Pessimism

Symptomatology

Strained or Fractured  
Connection to Reality

Tendency to  
Fixate

Increased levels of  
Apathy

Increase in Harmful  
or Suicidal Thoughts

Loss of Awareness  
of Time

Progress

Passage of Time

Removal of  
Stress Factor

Assessment of  
Damage Done

Removal of  
Trigger

Introduction of  
Positive Factor

Acceptable/Repairable Level of Damage

Unacceptable Level of Damage