

Recognizing Trigger Points and Land Mines...

Dear librarian, please pay extra attention to me if ...

1. I seem tense and agitated.
2. I become fixated or seem to start doing things compulsively.
3. My voice pitch raises, I get louder, and I start talking faster.
4. My eyes become dilated, or my usual skin color changes.
5. I start pacing rapidly.
6. My movements become filled with energy.
7. I start using an inappropriately close distance.
8. I seem angry, withdrawn, or sullen.
9. I make inappropriate gestures or have inappropriate responses.
10. I start talking about being persecuted, losing control, or doing harm to others.
11. I look like I'm ready to fight.
12. I try to get people to agree with me -- especially strangers.
13. I start slamming objects or holding things like weapons.