

Bipolar Disorder

Therapy Journal



it's okay
not to be okay



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Introduction

Journaling about your feelings Helps decrease mental distress. Whether on paper or electronically, documenting what's happened in your life and your perceptions and feelings—an emotional exploration known as journaling or expressive writing—has great potential as a coping tool to manage bipolar disorder

The mood changes in bipolar disorder are more extreme, often unprovoked, and accompanied by changes in sleep, energy level, and the ability to think clearly. Bipolar symptoms can make it hard for young people to perform well in school or to get along with friends and family members.

Improved self-management. Greater awareness of bipolar disorder will help patients better manage their condition. By knowing that their illness has no known cure and requires continuous treatment, they won't make the mistake of stopping medication when they feel well.

Journaling helps control your symptoms and improve your mood by:
Helping you prioritize problems, fears, and concerns. Tracking any symptoms day-to-day so that you can recognize triggers and learn ways to better control them. Providing an opportunity for positive self-talk and identifying negative thoughts. Writing, like anything, improves with practice. When you journal every day, you're practicing the art of writing. And if you use a journal to express your thoughts and ideas, it'll help improve your overall communication skills.

List of Emotions

| | | |
|-------------|------------|----------------|
| Amazed | Foolish | Overwhelmed |
| Angry | Frustrated | Peaceful |
| Annoyed | Furious | Proud |
| Anxious | Grieving | Relieved |
| Ashamed | Happy | Resentful |
| Bitter | Hopeful | Sad |
| Bored | Hurt | Satisfied |
| Comfortable | Inadequate | Scared |
| Confused | Insecure | Self-conscious |
| Content | Inspired | Shocked |
| Depressed | Irritated | Silly |
| Determined | Jealous | Stupid |
| Disdain | Joy | Suspicious |
| Disgusted | Lonely | Tense |
| Eager | Lost | Terrified |
| Embarrassed | Loving | Trapped |
| Energetic | Miserable | Uncomfortable |
| Envious | Motivated | Worried |
| Excited | Nervous | Worthless |

My Strength and Qualities

Times I've made others happy

1. _____
2. _____
3. _____

Challenges I have overcome:

1. _____
2. _____
3. _____

Things I am good at"

1. _____
2. _____
3. _____

Things that make me unique:

1. _____
2. _____
3. _____

What I value the most:

1. _____
2. _____
3. _____

I helped others by:

1. _____
2. _____
3. _____

What I like about my appearance

1. _____
2. _____
3. _____

Compliments I have received

1. _____
2. _____
3. _____

Positive Talk Journal



| | | |
|------------------------------|---------------------------------|--------------------------------------|
| I feel strong when | I had fun when | This makes me unique |
| The best part of today was | I felt good when | Something that went well today was |
| I am proud of myself because | I learned from this mistake | Something I love about my life is |
| A way I was kind today was | A good quality I am learning is | I like this about myself |
| I got rewarded for doing | I feel complete because | I had so much fun because |
| I trust myself because | This was interesting today | An accomplishment made this week was |

Remarks:

Overcoming Negative Thoughts

A common negative thoughts I have are:

Questions to ask myself:

Is this thought true?

Do I have supporting evidence that this is true

What's the worst that could happen?

What's the best that could happen?

Am I having this thought because I'm unhappy about something else?

Am I blaming someone else without taking responsibility?

Am I jumping to conclusions?



My Daily Gratitude Journal

DATE:

4 things I'm looking forward to:

1. _____
2. _____
3. _____
4. _____

4 things I'm grateful for:

1. _____
2. _____
3. _____
4. _____

4 people I'm grateful to have in my life::

1. _____
2. _____
3. _____
4. _____

4 things I accomplished today:

1. _____
2. _____
3. _____
4. _____

4 amazing things happened this week:

1. _____
2. _____
3. _____
4. _____



RAIN

Four steps to stop being so hard on yourself.



R **Recognize** what is happening (What is happening in this moment? How am I feeling? "Where do I feel it in my body?")

"I'm so mad at myself for failing . I want to cry."

A **Allow** life to be just as it is ("I can let the thoughts or feelings just be here. Even if I don't like it.")

"I am mad and I feel like crying. It's uncomfortable but I can allow myself to feel this way."

I **Investigate** with kindness ("Why do I feel this way? "Is it really true?")

"I am mad and I feel like crying. It's uncomfortable but I can allow myself to feel this way."

N **N-Non-Identification** ("I am having a thought or emotion, but I am not that thought or emotion.")

"I can be angry and disappointed without being those feelings. I am bigger than how I feel in this moment."

Anxiety vs. Truth

Whenever you experience anxiety, your mind might begin to race with thoughts that aren't always true. Anxious thoughts are often focused on the worst possible outcome. These thoughts can lead you to believe that things are worse than they actually are and that you are not capable of coping with it. In the thought clouds, write a few anxious thoughts that you are experiencing, then try to challenge those thoughts by identifying what is actually true about your situation.

The form consists of four rows. Each row contains a pink thought cloud on the left and a blue rectangular box on the right. A pink arrow points from each cloud to its corresponding box, indicating a flow from identifying a thought to challenging it.

F = False
E = Evidence
A = Appearing
R = Real

Thought Reframing Exercise



NEGATIVE THOUGHT

FEAR

EVIDENCE

What is the worst possible outcome

How would you handle this outcome?

REFRAMED THOUGHT = What is an alternate (more evidence-based) thought?

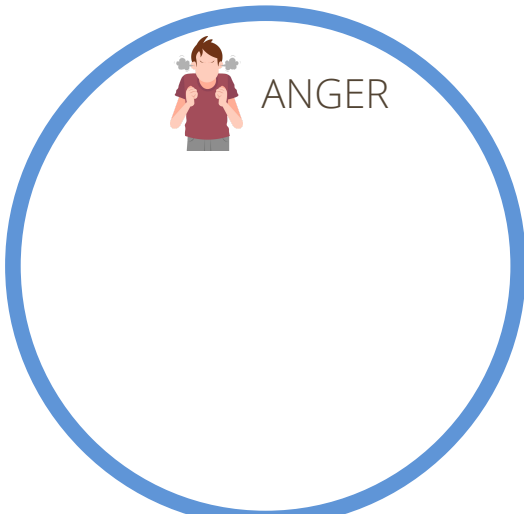
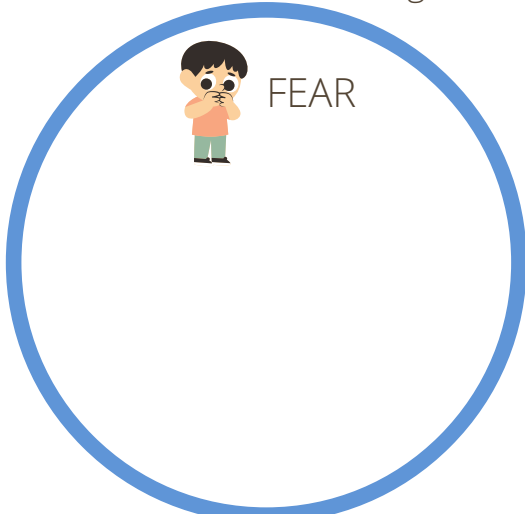
Thought Record Chart



| AUTOMATIC | SITUATION | EMOTIONS | BEHAVIOR/REACTION | OUTCOME |
|--|--|--|--|--|
| A thought that pops into your head without any conscious effort in response to a trigger or event. | What were the circumstances or contributing factors when this thought occurred? (Were you already stressed?) | How did you feel in this situation? Which emotions did this situation trigger? | How did you react? What did you "do"? This could be a physical or mental/emotional reaction. | What feelings have "stuck" with you about it. Are they positive or negative? Did you learn something about yourself? |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

My Brain Dump List

Make a list of your, fear, procrastination, anger, sorrow, discouragements and incomplete goals on the dump circle below



Manic Episode Criteria

A manic episode is a period of at least one week when a person is extremely high-spirited or irritable most of the day for most days, possesses more energy than usual, and experiences at least three of the following changes in behavior:

- Decreased need for sleep (e.g., feeling energetic despite significantly less sleep than usual)
- Increased or faster speech
- Uncontrollable racing thoughts or quickly changing ideas or topics when speaking
- Distractibility
- Increased activity (e.g., restlessness, working on several projects at once)
- Increased risky behavior (e.g., reckless driving, spending sprees)

These behaviors must represent a change from the person's usual behavior and be clear to friends and family. Symptoms must be severe enough to cause dysfunction in work, family, or social activities and responsibilities. Symptoms of a manic episode commonly require a person to receive hospital care to stay safe.

Some people experiencing manic episodes also experience disorganized thinking, false beliefs, and/or hallucinations, known as psychotic features.

A hypomanic episode is characterized by less severe manic symptoms that need to last only four days in a row rather than a week. Hypomanic symptoms do not lead to the major problems in daily functioning that manic symptoms commonly cause.

A major depressive episode is a period of at least two weeks in which a person has at least five of the following symptoms (including at least one of the first two symptoms):

- Intense sadness or despair
- Loss of interest in activities the person once enjoyed
- Feelings of worthlessness or guilt
- Fatigue
- Increased or decreased sleep
- Restlessness (e.g., pacing) or slowed speech or movement
- Difficulty concentrating
- Frequent thoughts of death or suicide

My Behavior Journal

DATE: _____

DID I REACH MY BEHAVIOR GOALS FROM YESTERDAY?

YES (GOOD JOB!)

NO WHAT KEPT ME FROM REACHING MY GOAL?

GOOD BEHAVIOUR THAT I DISPLAYED TODAY:

POOR CHOICES THAT I MADE TODAY:

HOW DID THESE CHOICES AFFECT MYSELF AND OTHERS:

MY BEHAVIOR GOALS FOR TOMORROW:

WHAT DO I NEED TO DO TO REACH THESE GOALS?:



getting
healthy

Daily Coping Skills

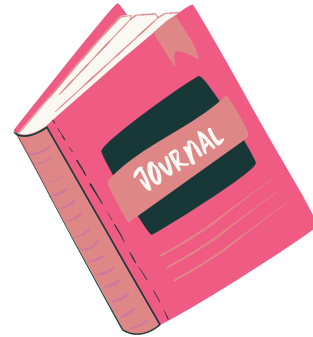
1. Write thoughts/feelings in a journal

2. Play games

3. Listen to podcast

4. Write a story

5. Write a letter

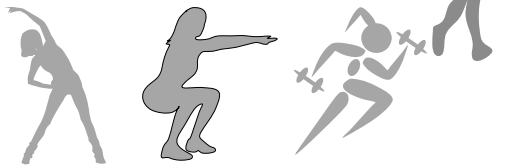


6. Write letter to the person you are stressing over (you don't actually have to send it)

7. Eat healthy and nutritious meal or snack

8. Go for a walk

9. Go to the gym



10. Exercise at home

11. Meditate

12. Take some deep breaths

13. Stretch

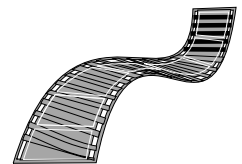


14. Watch a feel-good movie or T.V show

15. Read



16. Take social media detox



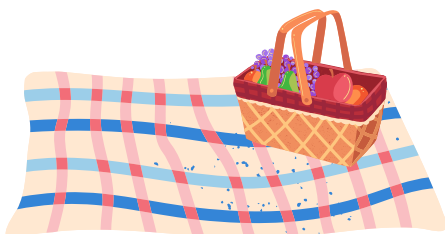
17. Paint/Color



18. De-clutter or clean your living space

19. Go for a bike ride

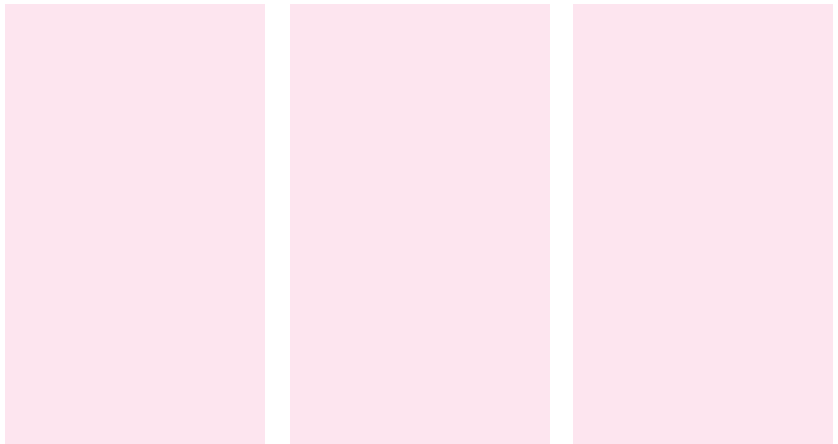
20. Go to the park



Personal Crisis Plan

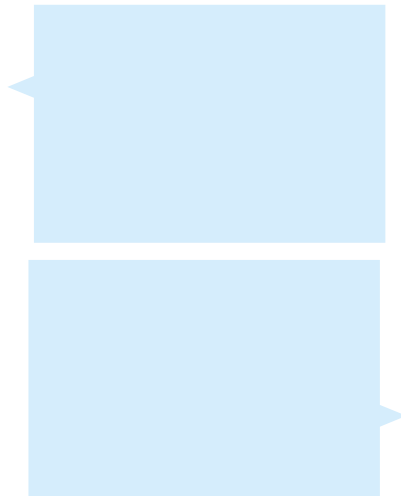
I KNOW I'M TRIGGERED WHEN I NOTICE

SOME GOOD WAYS TO DISTRACT MYSELF ARE



SAFE PEOPLE I CAN REACH OUT TO:

COPING SKILLS I CAN USE:



WAYS TO KEEP MYSELF & MY SPACE SAFE

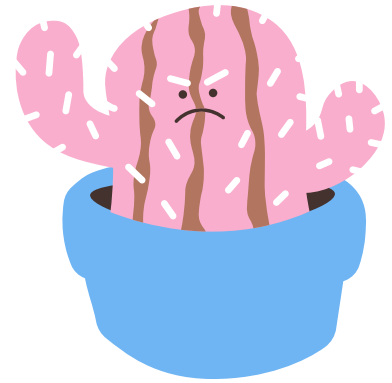
OTHER RESOURCES I CAN USE TO GET MYSELF CARE



Anger Worksheet

WHEN I'M ALREADY ANGRY OR UPSET, THESE THINGS MAKE IT WORSE!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



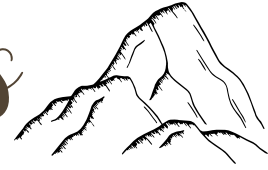
These things help me feel better!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

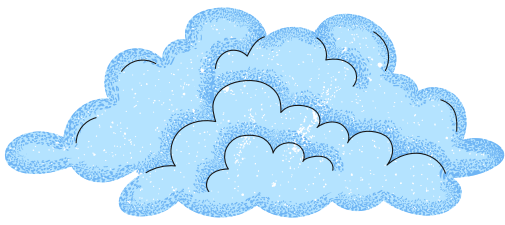




Draw Your Thoughts

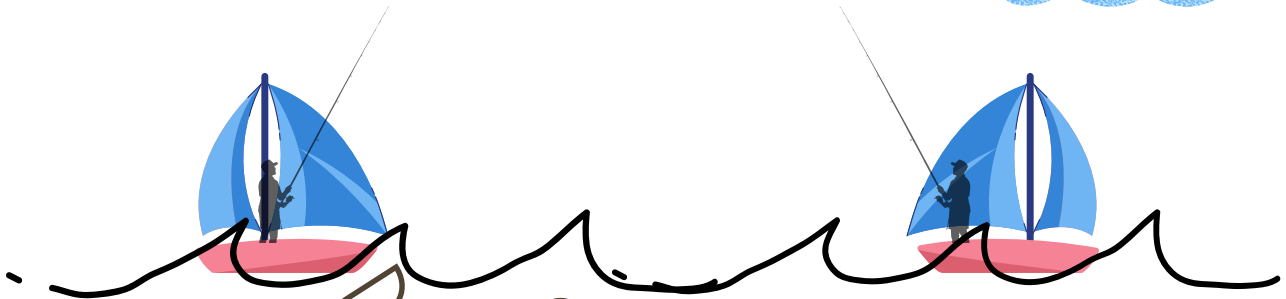


Draw you dream last night? Identify the emotions that you experienced.



Below the Surface

Color some of the words you felt this past week.



HOPE Kindness LOVE
 alone HEALING TOGETHER
 Comfort HAPPY
 HEARTACHE FEAR
 CHANGE SAD
 TIRED RELIEF STRESS
 WORRY pain GUILT

Daily Self-Care

CHECKLIST

What did I *learn* about myself today?

What am I *grateful* for today?

Social

- Communicated with love one
- _____
- _____
- _____
- _____
- _____
- _____

Physical

- Drink Water
- _____
- _____
- _____
- _____
- _____
- _____

Environmental

- Take out trash and recycling
- _____
- _____
- _____
- _____
- _____
- _____

Financial

- Check bank balance
- _____
- _____
- _____
- _____
- _____
- _____

Intellectual

- Learn a new skill
- _____
- _____
- _____
- _____
- _____
- _____

Emotional

- Allow myself to fully feel my emotions
- _____
- _____
- _____
- _____
- _____
- _____

Spiritual

- Read a religious or spiritual text
- _____
- _____
- _____
- _____
- _____
- _____

Professional

- Make progress toward a professional goal
- _____
- _____
- _____
- _____
- _____
- _____

