

Noticing the Warning Signs of Bipolar Disorder

Extreme highs and lows are a significant part of bipolar disorder. Sometimes, it can be difficult to maintain your energy and mood levels when you are experiencing mania or depression. Use this worksheet to help when you feel like an episode is coming. The signs you notice will not only help you cope but also help you prepare to ask for help.

MANIA	DEPRESSION
SHOPPING MORE THAN USUAL <input type="checkbox"/>	INCREASED SADNESS/HOPELESSNESS <input type="checkbox"/>
RISKY SEXUAL BEHAVIOR <input type="checkbox"/>	UNABLE TO FOCUS <input type="checkbox"/>
GAMBLING <input type="checkbox"/>	FATIGUE <input type="checkbox"/>
DRINKING/DRUG USE <input type="checkbox"/>	LOSS OF INTEREST IN ACTIVITIES <input type="checkbox"/>
TALKING FAST <input type="checkbox"/>	
DECREASED SLEEP <input type="checkbox"/>	FEELING CONSTANTLY GUILTY <input type="checkbox"/>
RACING THOUGHTS <input type="checkbox"/>	SLEEPING MORE OR LESS THAN USUAL <input type="checkbox"/>
EASILY DISTRACTED <input type="checkbox"/>	
EASILY IRRITATED <input type="checkbox"/>	SUICIDAL THOUGHTS <input type="checkbox"/>
SCORE	SCORE



Noticing the Warning Signs of Bipolar Disorder

IF YOU HAVE CHECKED OFF ONE OR MORE SYMPTOMS, TAKE A MOMENT TO REFLECT AND WRITE AS MUCH ABOUT EACH SYMPTOM AS MUCH AS POSSIBLE.

MANIA	DEPRESSION
<p>SYMPTOMS</p> <div data-bbox="266 1088 1085 1565"></div>	<p>SYMPTOMS</p> <div data-bbox="1146 1088 1965 1565"></div>
<p>POSSIBLE ROOTS?</p> <div data-bbox="266 1650 1085 2127"></div>	<p>POSSIBLE ROOTS?</p> <div data-bbox="1146 1650 1965 2127"></div>
<p>WHAT AM I GOING TO DO?</p> <div data-bbox="266 2244 1085 2678"></div>	<p>WHAT AM I GOING TO DO?</p> <div data-bbox="1146 2244 1965 2678"></div>

