

What Is Bipolar Disorder?

Bipolar disorder is a condition that causes extreme highs and lows in mood. The highs in mood caused by bipolar disorder are called mania, and the lows are called depression. Mania causes excessive energy, grandiose thoughts, and erratic behavior. Depression causes feelings of hopelessness, helplessness, numbness, and sadness.

Directions: Circle Yes or No to each of the questions below.

Do you experience patterns of highs and lows in your mood? Yes / No

Are your emotions unpredictable or out of control? Yes / No

Have people in your life made comments about your behavior or mood swings? Yes / No

Symptoms of Bipolar Disorder impact a person's mood, behavior, and ability to understand and control their emotions. This can cause problems for their quality of life, relationships, and overall health and wellness.

Directions: Check the symptoms that you have experienced within the last 6 months.

- | | | |
|--|---|---|
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Racing thoughts | <input type="checkbox"/> Flight of ideas |
| <input type="checkbox"/> Weight fluctuation | <input type="checkbox"/> Relationship issues | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Hallucinations | <input type="checkbox"/> Outbursts of anger | <input type="checkbox"/> Promiscuity |
| <input type="checkbox"/> Delusions | <input type="checkbox"/> Bouts of extreme energy | <input type="checkbox"/> Dangerous behavior |
| <input type="checkbox"/> Extreme sadness | <input type="checkbox"/> Depressed mood | <input type="checkbox"/> Psychotic episodes |
| <input type="checkbox"/> Feelings of despair | <input type="checkbox"/> Unexpected mood changes | <input type="checkbox"/> Paranoid thoughts or beliefs |
| <input type="checkbox"/> Oversleeping | <input type="checkbox"/> Major shifts in motivation | <input type="checkbox"/> Loss of self-awareness |
| <input type="checkbox"/> Changes in appetite | <input type="checkbox"/> Setting unrealistic goals | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Being easily agitated | | <input type="checkbox"/> Distractibility |
| <input type="checkbox"/> Grandiose thoughts | | <input type="checkbox"/> Stress management issues |
| <input type="checkbox"/> Impulsive behavior | | |
| <input type="checkbox"/> Substance abuse | | |

Causes of Bipolar Disorder

Each of the following factors can place a person at increased risk of suffering from bipolar disorder:

- Family history of bipolar disorder or other mood disorders
- Unstable childhood home environment
- Neglect and/or abuse
- Failure to learn emotional regulation or self-expression communication skills
- Hormonal or brain chemistry imbalances

Directions: Circle Yes or No to answer each question below.

Do bipolar disorder or mood disorders run in your family? Yes / No

Have you ever struggled to self-advocate or express your feelings in a healthy way? Yes / No

Have you ever felt threatened or controlled by another person in your life? Yes / No

Do you have a history of unpredictable, promiscuous, or impulsive behavior? Yes / No

Do you struggle to relate to others or have you felt misunderstood by your peers? Yes / No