**Listing Your Prodromal Symptoms of Mania or Hypomania**

**With the help of your close friends and/or relatives, list a few adjectives describing what your *mind* is like when your manic or hypomanic episodes begin.**

**Describe changes in your *activity* or *energy* levels as your manic episode is developing. Include changes in how you relate to others.**

**Describe changes in your *thinking* or *perception*.**

**Describe changes in your *sleep* patterns.**

**Describe anything you’ve done in the past week that you wouldn’t ordinarily do.**

**Describe the *context* (changes, events, circumstances) associated with these symptoms.**

|  |
| --- |
| **Seasonal Patterns in Depression and Mania** |

**What patterns do I see in my episodes of depression and mania?**

**Seasonal patterns?**

**Is it weather-related?**

**Are there common events associated with symptoms?**

|  |
| --- |
| **Depression Triggers** |

**Situations that seem to trigger depression**

**Relationship events?**

**Losses?**

**Changes in my life?**

**Illness or childbirth?**

**Weather and/or Seasons?**

**Times of day/month/year? Holidays?**

**Other things?**

|  |
| --- |
| **Mood Symptoms Worksheet** |
| **Category**  | **When Manic** | **When Depressed** | **When feeling OK** |
| Mood |  |  |  |
| Attitude toward self |  |  |  |
| Self-confidence |  |  |  |
| Usual activities |  |  |  |
| Social activities |  |  |  |
| Sleep habits |  |  |  |
| Appetite/eating habits |  |  |  |
| Concentration |  |  |  |
| Speed of thought |  |  |  |
| Creativity |  |  |  |
| Interest in fun |  |  |  |
| **Mood Symptoms Worksheet, part deux** |
| **Category** | When Manic | When Depressed | When feeling OK |
| How sensory input (light, sound) affects you |  |  |  |
| Outlook on future |  |  |  |
| Speech patterns |  |  |  |
| Decision-making ability |  |  |  |
| Concern for others |  |  |  |
| Thoughts about death |  |  |  |
| Ability to function |  |  |  |
| Restlessness |  |  |  |
| Sense of humor |  |  |  |
| Energy level |  |  |  |