**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.**

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| **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?**

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| **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?**

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| **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 | | |  | |  | | |  | |