

humantold

What's Me and What's Symptoms of Bipolar

This activity aims to think through the difference between your personality traits and the symptoms you experience. It may be difficult to distinguish, if you have been managing this illness for a while. However, it can be illuminating and separates you from overidentifying as an illness to cope. This may look like viewing all your problems, reactions, viewpoints, attitudes, and habits in order to cope. It is important to reflect and make the distinction that "I am not my illness. I am me, and I have this illness."

Questions to start with while doing this activity and check all that apply below:

- How am I when I am not experiencing symptoms?
- How do I usually relate to other people and does it change when I am symptomatic?
- How would others describe me when I am and am not having symptoms
- For additional traits check our "Character traits list" resource

Your personality traits

- Reliable
- Conscientious
- Dependable
- Indecisive
- Assertive
- Open
- Optimistic
- Sociable
- Withdrawn
- Ambitious
- Aloof
- Critical
- Intellectual
- Affectionate
- Spirited
- Passive
- Talkative
- Seeking novelty
- Other:

Your manic or depressive symptoms

- Euphoric
- Grandiose
- Depressed
- Loss of interest
- Sleeping too much
- Sleeping too little
- Racing thoughts
- Full of energy
- Doing too many things
- Highly distractible
- Feeling suicidal
- More easily fatigued
- Unable to concentrate
- Irritable
- Feeling worthless
- Taking big or unusual risks
- Wired
- Highly Anxious
- Other:

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Reflection:

Miklowitz, D. J. (2019). *The bipolar disorder survival guide: What you and your family need to know* (3rd ed.). Guilford Press.