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Getting To Know My Mood States

This activity aims to have you get to better understand and differentiate between your mood fluctuations.

Start by asking yourself the following questions:

- What am I like when I'm in a "normal", non-symptomatic state?
- How does my life change when I'm depressed or manic?
- How, if at all, does my view of myself, others, and the future change when I'm depressed, manic, and when feeling fine?
- What do other people notice about me when I'm symptomatic?
- What sorts of comments do I hear from others?

Record your findings below into the categories:

Depressed	"Within Normal Limits" (Non-symptomatic)	Mania

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Reflection:

- What are some ways knowing how to differentiate my mood state help me?
- How do I think I can influence my moods

Lim, L., & Smith, L. (2003). Keeping your Balance: Coping with Bipolar Disorder. Perth, Western Australia: Centre for Clinical Interventions.