



GUIDED LIFE

— THERAPEUTICS —

*Guiding You Toward Healing,
Growth & Empowerment*

BIPOLAR DISORDER 101

WORKBOOK

Education. Awareness. Tools. Empowerment.

*You are not alone. You are not your diagnosis.
You are more.*

Knowledge
Brings Clarity.

Tools Build
Strength.

Hope Creates
Change.



Understand
Your Mind



Manage
Your Symptoms



Build Healthy
Habits



Create a Life
of Balance



600 N Euclid Ave.
Upland, CA 91786



747-218-1622



Katherine Boulware
LMFT 120535



www.guided-life.com



BIPOLAR DISORDER

DIAGNOSTIC CRITERIA SUMMARY

This worksheet provides an overview of the general clinical criteria used to diagnose bipolar disorder. It is for educational purposes only and is not a substitute for a professional evaluation.

Name: _____

Date: _____

INSTRUCTIONS

Read each section carefully. These are common symptoms and patterns that clinicians look for when evaluating bipolar disorder.

Use this as a guide to increase your understanding and to track your own experiences.

BIPOLAR I DISORDER

A diagnosis of Bipolar I typically involves at least one manic episode.

During a manic episode, you may experience several of the following:

- ☐ Unusually elevated, expansive, or irritable mood
- ☐ Increased energy or activity
- ☐ Decreased need for sleep
- ☐ Racing thoughts
- ☐ Talking much more than usual
- ☐ Inflated self-esteem or grandiosity
- ☐ Easily distracted
- ☐ Increased goal-directed activity
- ☐ Impulsive or risky behaviors

Mania causes significant impairment in daily functioning and may require hospitalization. Psychosis may occur. Major depressive episodes are common but not required for diagnosis.

BIPOLAR II DISORDER

A diagnosis of Bipolar II typically involves:

- ☐ At least one hypomanic episode
- ☐ At least one major depressive episode
- ☐ No history of full manic episodes

Hypomania includes symptoms similar to mania but less severe. It does not cause the same level of impairment.

Hypomanic symptoms may include:

- ☐ Elevated or irritable mood
- ☐ Increased energy or activity
- ☐ Decreased need for sleep
- ☐ More talkative than usual
- ☐ Racing thoughts
- ☐ Increased productivity or creativity
- ☐ Impulsive or risky behaviors

Depression is often the most distressing and longest-lasting part of Bipolar II.

CYCLOTHYMIC DISORDER

A diagnosis of Cyclothymic Disorder typically involves:

- ☐ Ongoing mood fluctuations for at least 2 years (1 year in children and adolescents)
- ☐ Many periods of hypomanic symptoms and depressive symptoms
- ☐ Symptoms do not meet full criteria for manic, hypomanic, or major depressive episodes

SYMPTOMS MAY INCLUDE:

- ☐ Mildly elevated or irritable mood
- ☐ Mild depression
- ☐ Changes in energy and activity
- ☐ Changes in sleep
- ☐ Difficulty concentrating
- ☐ Feelings of hopelessness
- ☐ Low self-esteem

WHAT CLINICIANS CONSIDER DURING AN ASSESSMENT



Family history of bipolar disorder



Age symptoms first appeared



Pattern and frequency of mood episodes



Changes in sleep



Changes in energy and activity



Impulsivity or risky behavior



Periods of depression



Substance use and medical conditions



Impact on work, school, and relationships

This summary is designed to help you understand the criteria clinicians use. It is **NOT** a diagnostic tool.



REMEMBER

Only a qualified mental health professional can make an accurate diagnosis after a comprehensive evaluation.

NOTES & REFLECTIONS

*Awareness is the first step toward healing, growth, and stability.
You are not alone—support and treatment can help.*





DEPRESSION SYMPTOM CHECKLIST

Use this checklist to identify symptoms you may be experiencing.
This can help you track your mental health and have more meaningful conversations
with your therapist or healthcare provider.



Today's Date: _____



Name (optional): _____



Depression looks different for everyone. You may not experience all of these symptoms.
Check the ones you have experienced in the **past 2 weeks, including today.**



EMOTIONAL & MENTAL SYMPTOMS

- ☐ Persistent sadness or feeling "empty"
- ☐ Loss of interest or pleasure in activities
- ☐ Feeling hopeless or helpless
- ☐ Feeling worthless or guilty
- ☐ Irritability or short temper
- ☐ Difficulty concentrating or making decisions
- ☐ Negative thoughts about myself or the future
- ☐ Feeling anxious or on edge
- ☐ Thoughts of death or suicide



BEHAVIORAL SYMPTOMS

- ☐ Withdrawing from friends, family, or activities
- ☐ Avoiding responsibilities or important tasks
- ☐ Decreased self-care or personal hygiene
- ☐ Using alcohol, drugs, or other substances to cope
- ☐ Sleeping more or isolating myself
- ☐ Procrastinating more than usual
- ☐ Difficulty completing daily tasks
- ☐ Less productive at work, school, or home



PHYSICAL SYMPTOMS

- ☐ Fatigue or low energy
- ☐ Changes in sleep (sleeping too much or too little)
- ☐ Changes in appetite or weight
- ☐ Aches, pains, or other physical discomforts
- ☐ Low motivation or difficulty getting out of bed
- ☐ Feeling physically "slowed down"
- ☐ Restlessness or feeling agitated



HOW SEVERE ARE YOUR SYMPTOMS?

On a scale of 0–10, rate how severe your depression symptoms have been on average over the past 2 weeks.

0 1 2 3 4 5 6 7 8 9 10
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

No symptoms

Extremely severe



WHAT TRIGGERS OR MAKES YOUR SYMPTOMS WORSE?



NOTES & OBSERVATIONS

How are these symptoms impacting your daily life, relationships, work, or school?

WHAT HELPS, EVEN A LITTLE?

- _____
- _____
- _____
- _____
- _____



*You are not alone. Your feelings are valid, and help is available.
Reaching out is a brave and important first step.*





MANIA SYMPTOM CHECKLIST

Use this checklist to identify symptoms of mania or hypomania.
This can help you track your mood and communicate more effectively
with your mental health provider.



Today's Date: _____



Name (optional): _____



Mania or hypomania can look different for everyone. Check the symptoms you have
experienced in the past 1 week, including today.



MOOD & EMOTIONS

- ☐ Elevated, euphoric, or unusually good mood
- ☐ Irritable or easily agitated
- ☐ Feeling "high" or overly confident
- ☐ Feeling more energetic or "wired" than usual
- ☐ Racing thoughts or mind feels "faster"
- ☐ Feeling invincible or "on top of the world"
- ☐ Excessive optimism or unrealistic plans
- ☐ More talkative than usual
- ☐ Feeling restless or unable to relax



BEHAVIOR & ACTIVITY

- ☐ Needing less sleep but still feel rested
- ☐ More active or physically restless
- ☐ Starting many projects at once
- ☐ Difficulty sitting still
- ☐ Talking more or talking very fast
- ☐ Easily distracted or unable to focus
- ☐ Impulsive or acting without thinking
- ☐ Taking on more than I can handle
- ☐ Risky or reckless behaviors
(e.g., spending, driving, substances, sex)



THOUGHTS & COGNITION

- ☐ Racing thoughts
- ☐ Jumping from idea to idea
- ☐ Difficulty concentrating
- ☐ Grandiose thoughts
(e.g., special powers, important abilities)
- ☐ Easily confused or overwhelmed
by own thoughts
- ☐ Feeling I have special insights
or ideas
- ☐ Believing I can do anything
- ☐ Poor judgment or decision-making



SLEEP

- ☐ Needing much less sleep than usual
- ☐ Difficulty falling asleep
- ☐ Waking up very early
- ☐ Feeling alert and full of energy
with little or no sleep



OTHER POSSIBLE SIGNS

- ☐ Increased goal-directed activity
- ☐ Changes in appetite
- ☐ Feeling overwhelmed by stimulation
(lights, noise, people)
- ☐ More interest in sex
- ☐ Increase in spending or financial
risk-taking



HOW SEVERE ARE YOUR SYMPTOMS?

On a scale of 0–10, rate how severe your
mania/hypomania symptoms have been
on average over the past week.

0 1 2 3 4 5 6 7 8 9 10
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
No symptoms Extremely severe



IMPACT ON DAILY LIFE

How are these symptoms affecting your daily life,
relationships, work, or school?



WHAT MIGHT HAVE TRIGGERED OR CONTRIBUTED TO THESE SYMPTOMS?



WHAT HELPS ME STAY STABLE

- _____
- _____
- _____
- _____
- _____



MY ACTION PLAN

- ☐ I will contact my support person: _____
- ☐ I will contact my provider: _____
- ☐ I will take my medication as prescribed.
- ☐ I will use my coping tools: _____
- ☐ I will create a calm environment. _____
- ☐ Other: _____



Tracking your symptoms is a powerful step toward managing your wellness.
You are not alone. Help is available.





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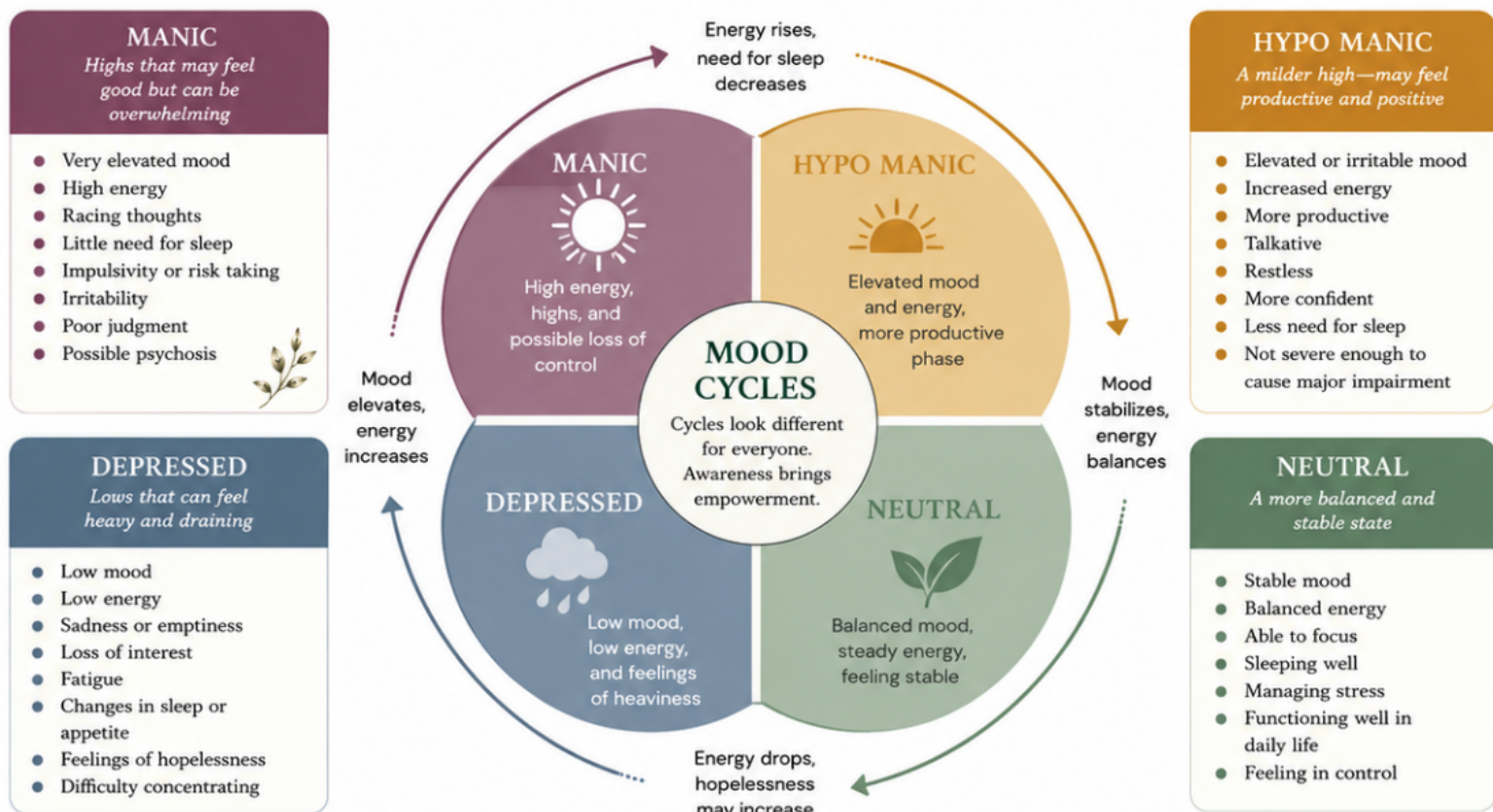
MOOD CYCLE DIAGRAM



Bipolar disorder involves shifts in mood, energy, and functioning.
Understanding your cycles can help you recognize patterns and take action early.

Name: _____

Date: _____



MY PATTERNS

What usually triggers my mood shifts?

What are early warning signs I can look for?

WHAT HELPS ME STAY BALANCED

What helps lift me when I'm low?

What helps me slow down when I'm too high?

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