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Psychotherapy • Organizational Consulting
GLBT Mental Health • PTSD • Mental Health Boot Camp

Client ID Code: _____

Total Score: _____

Date Taken: _____

BIPOLAR QUESTIONS

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
1	2	3	4	5

1. At times I am much more talkative or speak much faster than usual. _____
2. There have been times when I was much more active or did many more things than usual.

3. I get into moods where I feel very speeded up or irritable. _____
4. There have been times when I have felt both high (elated) and low (depressed) at the same time. _____
5. At times I have been much more interested in sex than usual. _____
6. My self-confidence ranges from great self-doubt to equally great overconfidence. _____
7. There have been GREAT variations in the quantity or quality of my work. _____
8. For no apparent reason I sometimes have been VERY angry or hostile. _____
9. I have periods of mental dullness and other periods of very creative thinking. _____
10. At times I am greatly interested in being with people and at other times I just want to be left alone with my thoughts. _____
11. I have had periods of great optimism and other periods of equally great pessimism. _____
12. I have had periods of tearfulness and crying and other times when I laugh and joke excessively.

13. I often feel like I'm running to catch up with my life. _____

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
1	2	3	4	5

14. I have had problems with stealing and/or taking things that don't belong to me. _____

15. I have had problems with overspending, spending money I don't have and/or running up charge cards to amounts I'm not sure I can pay back. _____

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

16. I have developed ways to put more structure/organization into my life and I do those things every day so that I will feel more in control of my life. _____

17. My moods are not a mystery. I know how they are triggered and I know how to manage them to prevent serious relapse. _____

18. I fully understand the concepts of Eat Right/Sleep Right/Think Right/Exercise and have a plan for applying each principle into every day of my life. _____

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