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A SELF-ASSESSMENT TOOL FOR MOOD SWINGS

Instructions: 1. Please read through the entire passage below before filling in any blanks. Some individuals notice that their mood and/or energy levels shift drastically from time to time ____. These individuals notice that, at times, their mood and/or energy level is very low, and at other times, very high ____. During their “low” phases, these individuals often feel a lack of energy; a need to stay in bed or get extra sleep; and little or no motivation to do things they need to do ____. They often put on weight during these periods ____. During their low phases, these individuals often feel “blue”, sad all the time, or depressed ____. Sometimes, during these low phases, they feel hopeless or even suicidal ____. Their ability to function at work or socially is impaired ____. Typically, these low phases last for a few weeks, but sometimes they last only a few days ____.

Individuals with this type of pattern may experience a period of “normal” mood in between mood swings, during which their mood and energy level feels “right” and their ability to function is not disturbed ____. They may then notice a marked shift or “switch” in the way they feel ____. Their energy increases above what is normal for them, and they often get many things done they would not ordinarily be able to do ____. Sometimes, during these “high” periods, these individuals feel as if they have too much energy or feel “hyper” ____. Some individuals, during these high periods, may feel irritable, “on edge”, or aggressive ____. Some individuals, during these high periods, take on too many activities at once ____. During these high periods, some individuals may spend money in ways that cause them trouble ____. They may be more talkative, outgoing, or sexual during these periods ____. Sometimes, their behavior during these high periods seems strange or annoying to others ____. Sometimes, these individuals get into difficulty with co-workers or the police, during these high periods ____. Sometimes, they increase their alcohol or non-prescription drug use during these high periods ____.

2. Now that you have read this passage, please check one of the following four boxes: () This story fits me very well, or almost perfectly () This story fits me fairly well () This story fits me to some degree, but not in most respects () This story does not really describe me at all

3. Now please go back and put a check after each sentence that definitely describes you.