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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.