

Bipolar and related disorders

Preparing to Discuss Possible Bipolar Patterns

Adults | 10 to 15 minutes

Bipolar and related disorders involve patterns that require assessment over time. A high-energy day or ordinary mood shift is not enough to identify one. Bring information about sleep, activity, mood, and impact, including both low periods and periods unlike your usual self.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Describe meaningful changes

Choose a period that stood out. Note changes in sleep need, energy, irritability, activity, or judgment and the effect on daily life. A trusted person's observations can be included with your permission.

Plan assessment and support

Discuss medicines, substances, health changes, and family history if known. Ask what warning signs should prompt urgent contact and how to reach the care team. Do not adjust medication based on this worksheet.

1. Which period was clearly different from your usual mood, energy, sleep, or activity?

2. What changed in responsibilities, relationships, or decision making during that period?

3. What medical, medicine, substance, or life context should the clinician consider?

4. What assessment question and urgent-contact plan would you like clarified?

Clinical use and adaptation

Assess potential mania, depression, psychosis, suicidality, and medical or substance contributors. Marked deterioration or unsafe behavior warrants prompt evaluation. Avoid using this page as a mood-disorder screen or automatically recommending increased activity during elevated states.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: E02, E23. Full sources are in the online preview and collection appendix.

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