

for you to do

In addition to being a son or daughter, you might also be a committed friend, a good listener, a poet or artist, a nature lover, and someone who accepts differences. You can probably find lots of things that make up who you are, other than being someone with bipolar disorder. Take some time to think about the qualities and skills you have and list them here.

Was it difficult for you to think of who you are and of your different qualities and skills? Ask some people you trust who they see you as. Write down their ideas.

Next, think about who you *want* to be. What kinds of things do you want for yourself? Do you want to get higher grades in school? Is there a sport or hobby you would like to pursue, or perhaps a personal quality or skill? Write any ideas you have here.
