

for you to do

The first list includes symptoms that a lot of people have when they feel depressed, and the second includes common symptoms of mania. Some of these symptoms can occur whether you're feeling depressed or manic, and, if you have mixed episodes, you might have symptoms of depression and mania at the same time. Check off any of the symptoms that you've had and use the blank lines to write down any others not on the list.

Symptoms of Depression

- | | |
|---|---|
| <input type="checkbox"/> feeling very sad | <input type="checkbox"/> eating more or less than usual |
| <input type="checkbox"/> feeling like you don't matter | <input type="checkbox"/> feeling angry a lot |
| <input type="checkbox"/> changes in your sleep | <input type="checkbox"/> weight changes |
| <input type="checkbox"/> feeling "empty" | <input type="checkbox"/> snapping at people more often |
| <input type="checkbox"/> hiding away from people | <input type="checkbox"/> problems concentrating |
| <input type="checkbox"/> difficulty remembering things | <input type="checkbox"/> thoughts of suicide |
| <input type="checkbox"/> decrease in energy | <input type="checkbox"/> lack of interest in doing things |
| <input type="checkbox"/> feeling hopeless | <input type="checkbox"/> feeling helpless |
| <input type="checkbox"/> feeling restless | <input type="checkbox"/> crying a lot |
| <input type="checkbox"/> difficulty making decisions | <input type="checkbox"/> not liking yourself |
| <input type="checkbox"/> thoughts of hurting yourself | <input type="checkbox"/> feeling guilty |
| <input type="checkbox"/> loss of enjoyment in activities you used to like | |

Other changes you notice about yourself when you're feeling depressed:

_____	_____
_____	_____
_____	_____