



Personal Mania Symptom Profile¹

Place a checkmark to the left of each symptom that you experience. To the right, identify how each symptom tends to present itself. Use the blank lines on the second page to write in symptoms that are not already included under the three categories.

Check Box for Symptom		Early Warning	Without Warning	First Recognized by Others
	Thoughts			
<input type="checkbox"/>	Difficulty with concentration and memory			
<input type="checkbox"/>	More religious thoughts			
<input type="checkbox"/>	Thoughts about having special abilities or powers			
<input type="checkbox"/>	Racing or sped up thoughts, like the rest of the world is in slow motion			
<input type="checkbox"/>	Thoughts jump from one idea to another quickly			
<input type="checkbox"/>	Paranoia or other concerns that people are plotting against you			
<input type="checkbox"/>	Unreal concerns that you are worthless or evil			
<input type="checkbox"/>	Hallucinations: Unreal voices or visions			
<input type="checkbox"/>	Thoughts of suicide			

Table continued on following page(s).

¹ *Personal Mania Symptom Profile* (Ex. 8.2). Adapted from Bauer MS, Kilbourne AM, Greenwald DE, Ludman EJ, McBride L. *Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms & Achieving Your Life Goals*. Oakland, CA: New Harbinger Publications, Inc.; 2008.

Check Box for Symptom		Early Warning	Without Warning	First Recognized by Others
Feelings				
	Feeling "high," completely optimistic, euphoric			
	Feeling depressed			
	More energy			
	Feeling impatient, irritable			
	Feeling unusually cheerful and happy			
	Feeling unusually confident or invulnerable			
	Know-it-all attitude			
Check Box for Symptom		Early Warning	Without Warning	First Recognized by Others
Behaviors				
	Speech loud, rapid, ranging			
	Less need for sleep			
	Overly sociable, giving more advice			
	More or less sex drive			
	Overeating			
	Doing multiple projects, more than are practical			
	Smoking more			
	Spending money impulsively; shopping sprees			
	Involvement in dangerous or risky activities			

Table continued on following page.

Check Box for Symptom	Additional Symptoms*	Early Warning	Without Warning	First Recognized by Others

*Use these blank rows to fill in symptoms that you experience as a part of your mania.

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