SYMPTOM RECORD

To help you fill out this worksheet, you may want to ask yourself the following questions:

- What am I like when I'm in a "normal," non-symptomatic state?
- How does my life change when I'm depressed or manic?
- How, if at all, does my view of myself, others, and the future change when I'm depressed, manic, and when feeling fine?
- What do other people notice about me when I'm symptomatic?
- What sorts of comments do I hear from others?

Depression	Normal	Mania

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