This material is provided to support the publication of *Living with Bipolar: A guide to understanding and managing the disorder* (Allen & Unwin, 2008). All material copyright Lesley Berk, Michael Berk, David Castle and Sue Lauder. All material and advice contained therein is not intended to replace the advice of an individual's medical practitioner or counsellor.

## Chapter 2: Bipolar depression Chapter 3: Mania & hypomania

Knowing your moods: downloadable chart

**Purpose of this chart:** Knowing your moods and the changes you experience when unwell can help you notice when an episode is developing. **Tips for using this chart:** 

- Think of your previous mood episodes and the changes in what you do, the way you thought and how you felt
- A trusted friend or your doctor might also help you to identify changes
- You made need to update the chart from time to time.

For more detailed instructions and explanations in using this chart see pp. 18 in *Living with Bipolar* for what changes in bipolar depression, pp. 32 for what changes in mania and hypomania, pp. 5, 23, 31 for mixed episodes and pp. 198 for what is normal/usual mood.

In this type of	The things I do	The thoughts I	I feel
mood	are	have are	
Manic			
Hypomanic			
Mixed			
Depressed			
Normal/ usual			