

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 may 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 mood	The things I do are...	The thoughts I have are...	I feel...
Manic			
Hypomanic			
Mixed			
Depressed			
Normal/ usual			