

BSDS

Instructions:

1. Please read through the entire passage below before filling in any blanks.

Some individuals notice that their mood and/or energy levels shift drastically from time to time____. These individuals notice that, at times, their mood and/or energy level is very low, and at other times, very high____.

During their “low” phases, these individuals often feel a lack of energy; a need to stay in bed or get extra sleep; and little or no motivation to do things they need to do____. They often put on weight during these periods____. During their low phases, these individuals often feel “blue”, sad all the time, or depressed____.

Sometimes, during these low phases, they feel hopeless or even suicidal____.

Their ability to function at work or socially is impaired____. Typically, these low phases last for a few weeks, but sometimes they last only a few days____.

Individuals with this type of pattern may experience a period of “normal” mood in between mood swings, during which their mood and energy level feels “right” and their ability to function is not disturbed____.

They may then notice a marked shift or “switch” in the way they feel____. Their energy increases above what is normal for them, and they often get many things done they would not ordinarily be able to do____. Sometimes, during these “high” periods, these individuals feel as if they have too much energy or feel “hyper”____. Some individuals, during these high periods, may feel irritable, “on edge”, or aggressive____. Some individuals, during these high periods, take on too many activities at once____. During these high periods, some individuals may spend money in ways that cause them trouble____. They may be more talkative, outgoing, or sexual during these periods____.

Sometimes, their behavior during these high periods seems strange or annoying to others____. Sometimes, these individuals get into difficulty with co-workers or the police, during these high periods____. Sometimes, they increase their alcohol or non-prescription drug use during these high periods____.

2. Now that you have read this passage, please check one of the following four boxes:

- This story fits me very well, or almost perfectly
- This story fits me fairly well
- This story fits me to some degree, but not in most respects
- This story does not really describe me at all

3. Now please go back and put a check after each sentence that definitely describes you.