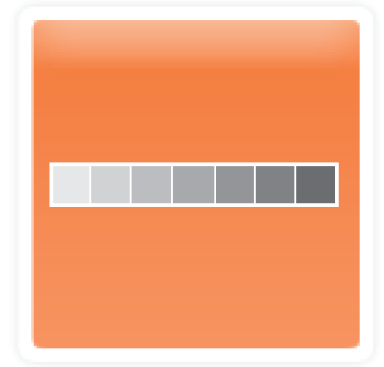


My Mood Tracker

My Mood Tracker is a daily tool to help you actively manage your bipolar disorder. Recording your daily moods will help you identify your episode triggers -- and develop strategies to help stay well.



Date: _____

MY DAILY MOODS

- Stable, feeling well _____
- Mild mania (feeling hyper but can function okay) _____
- Moderate manic episode (difficulty carrying out daily tasks) _____
- Severe manic episode (hospitalized or unable to carry out daily tasks) _____
- Mild depression (feeling low, but able to carry out daily tasks) _____
- Moderate depression (difficulty carrying out daily tasks) _____
- Severe depression (hospitalized or unable to carry out daily tasks) _____
- Irritable _____
- Angry _____
- Anxious _____
- Feel extreme need for alcohol or drugs _____
- Feel extreme need for sex _____
- Feel extreme need to make financial decisions viewed as risky by others _____
- Appetite has changed substantially (use + or -) _____
- Hours slept _____
- Side effects (dizziness, nausea, vomiting, drowsiness, others) _____
- Other illnesses or symptoms _____

MY THERAPY

My medication _____
Followed my medical therapy as prescribed
Y N

My medication _____
Followed my medical therapy as prescribed
Y N

Missed a dose/doses of medication
(state how many) _____

Missed a dose/doses of medication
(state how many) _____



Date: _____

My medication

Followed my medical therapy as prescribed

Y N

Missed a dose/doses of medication

(state how many) _____

Kept my doctor appointment

Y N

Missed an appointment with my doctor

Y N

My reasons why

My medication

Followed my medical therapy as prescribed

Y N

Missed a dose/doses of medication

(state how many) _____

Kept my psychotherapist appointment

Y N

Missed an appointment with my psychotherapist

Y N

My reasons why

LIFE EVENTS

Significant positive events (enjoyed family outing, started a project, was physically active, started new job). Specify the event:

Significant negative events (work/school problems, fight with family member, financial problems) and disruptive social rhythms (lack of sleep, missed meals). Specify the event:

My next doctor's appointment (date/time): _____

Questions for my doctor:



Date: _____

SELF HELP – MANAGING MY MOODS

Understanding your mood triggers can help you control your moods and plan ahead.¹ List the mood triggers you encountered this month -- and how you managed them.

My main stressors or triggers this month

What happened during the incident?:

How well did I handle my mood?

Is there anything I can do better next time to control my mood?
