

# Bipolar Affective Disorder Worksheet

## What is the theory behind this Bipolar Affective Disorder Worksheet?

Bipolar Affective disorder, also called Manic Depression, is a severe mood disorder characterised by extreme mood swings. People with Bipolar Disorder experience cyclic 'high' and 'low' moods that may vary in intensity and length. These episodes severely impact one's emotional, physical and behavioural states causing impaired functioning.

## How will the worksheet help?

The first step in therapeutic treatment of bipolar disorder is identification and awareness of triggers that make either of the high or low mood worse. This worksheet will provide a list of common triggers to help individuals identify their own based on past episodes.

## How to use the worksheet?

Instruct the client to read through the list of common triggers and write down their own based on what they have learned till now about their condition. Tell them to really think about the circumstances surrounding their prior episodes. They can even ask their family members to help them remember.

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Developing an understanding of the circumstances that trigger or worsen your high and low mood can be helpful in strategizing how to control their effects.

Following is a list of common triggers. Based on your past experiences with your bipolar episodes, which of these or any other triggers do you think worsen your condition or gradually push you towards either a high or a low mood. Think about the circumstances at the time that could be of importance. Seek the help of family or friends that are aware of your condition.

Use of substances or alcohol	Exposure to chronic stress	A significant positive event such as a long awaited achievement
Sleeping pattern disruptions	A significant negative event	Grieving the death of a loved one

Triggering circumstances	How did it affect your mood?

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## Reference

[Basco, M.R. \(2015\). \*The Bipolar Workbook: Tools for Controlling Your Mood Swings\* \(2nd ed\). Guilford Publications.](#)

You can find more wellness and mental health worksheets [here](#).