

BIPOLAR DISORDERS SELF TEST

Do you have a Bipolar Disorder?

YES NO

1. Have you ever experienced a period of elevated mood in which you felt out of control?
2. Have you ever experienced periods of feeling grandiose?
3. Have you or are you experiencing a decreased need for sleep yet felt energized?
4. Do you ever find yourself talking rapidly as if pressured to speak?
5. Have you ever experienced an elevated mood followed by a period of depressed mood?
6. Have you ever found yourself behaving impulsively?
7. Do you find yourself experiencing cycles of elevated mood and lowered mood?

If you answered YES to most of the above questions, you may be suffering from a bipolar disorder.