Mood Chart

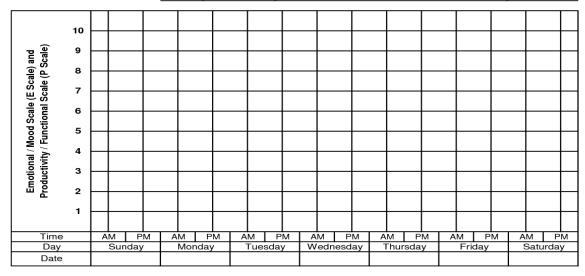
For Period Sunday

to Saturday

LivingManicDepressive a bipolar and depression website www.livingmanicdepressive.com

Morning (AM) readings taken at

Afternoon (PM) readings at



The E Scale (plotted in pen colour)
EMOTIONAL / STABILITY / MOOD SCALE - how I feel

- 10 True mania. So far I have never had a true manic episode.
- 9 Hyperactive and not too much control. I require most of my energy to control myself, not too much left over for being functional.
- 8 Definitely hyperactive / manic. Still functional, but remaining in control requires control.
- 7 Feeling great. A little too much accomplished, but not too much hyperactivity. Upper end of a great day for a normal person.
- 6 Good day. Lot's accomplished.
- 5 NORMAL. Feeling how I imagine a normal person would.
- 4 A bad hair day.
- 3 I find it hard to think and I am sluggish. I don't really want to try hard to do anything. Lower end of a very bad day for a normal person.
- 2 Living through the day hurts. Everything appears insurmountable. I have low self confidence and it is nearly impossible to get anything done.
- 1 Really low confidence. I don't want to leave the house or talk with people, but I manage with great effort.
- 0 True terrible depression. I stop thinking. My life is a failure, I want out of my relationship, suicide starts looking good.

The P Scale (plotted in pen colour

PRODUCTIVITY / FUNCTIONALITY SCALE - how I act

- 5 Much accomplished but too much to be normal.
- 4 Good to great day
- 3 NORMAL. What you would expect from a normal person.
- 2 Things below par.
- 1 A really bad day for a normal person.
- 0 Productive / functionality below that of anything a normal person would do. Or you have just shut down and nothing is getting done.

Additional information about Setting Up a Mood Chart can be found at http://www.livingmanicdepressive.com/D_050.html