

POSSIBLE BI-POLAR DISORDER SYMPTOMS FOR ADULTS AND CHILDREN

PLEASE READ THE FOLLOWING FIRST: Although the following symptoms may indicate a Bi-Polar Diagnosis, many of the symptoms could indicate some other diagnosis especially ADHD (Attention Deficit (Hyperactivity) Disorder, or other diagnoses such as Obsessive and/or Compulsive Disorder, Major Depression, Anxiety, Substance Abuse, Petit Mall Seizures, Eating Disorder, or other possible Diagnoses.

A Diagnosis of Bi-Polar Should Only Be Given by a Competent and Knowledgeable Professional

THE FOLLOWING ARE POSSIBLE SYMPTOMS OF AN ADULT OR CHILD WITH A BI-POLAR DISORDER (An Adult or Child does not need all symptoms for a diagnosis)

- Depressed Mood
- Poor appetite or overeating
- Difficulty Sleeping
- Lack of energy
- Feelings of Hopelessness, Helplessness, or Powerlessness
- Inflated Self-Esteem
- Decreased need for Sleep
- More Talkative
- Racing Thoughts
- Increased activity in Obtaining Goals
- Separation anxiety
- Rages and/or explosive temper tantrums
- Marked irritability
- Oppositional behavior
- Rapid cycling (frequent mood swings, occurring within an hour, a day, or several days) or
- Long Mood Cycling (a month to a year or more)
- Easily Distracted (Except for High Stimulation Activities including Computer or Video Games)
- Hyperactivity and/or
- Times of Lethargy (“Couch-Potatoes”)
- Impulsivity
- Restlessness/fidgetiness
- Silliness, giddiness, goofiness
- Racing thoughts
- Aggressive behavior
- Carbohydrate cravings
- Risk-taking behaviors
- Low self-esteem
- Difficulty getting up in the morning
- Social Anxiety “Wall Flower”, and/or the opposite,
- Sometimes the “Life of the Party”
- Overly sensitivity
- Easily Bored
- Lack of organization
- Excessive daydreaming
- Suicidal thoughts
- Obsessive Thinking
- Compulsive Activity