

## 100 Possible Warning Signs of a Bipolar Disorder Mood Episode

<b>Aches or pains (not due to illness or injury)</b>	<b>Drive to pursue goals increased</b>	<b>Missing work, school, or volunteer activities</b>	<b>Shame</b>
<b>Activity level (higher or lower)</b>	<b>Elated feeling</b>	<b>Neglecting household chores</b>	<b>Sleep changes (more or less)</b>
<b>Aggressive feelings or behavior</b>	<b>Energy changes (more or less)</b>	<b>Nervousness</b>	<b>Sluggishness</b>
<b>Agitation</b>	<b>Excitement (greater than usual)</b>	<b>Nightmares or bad dreams</b>	<b>Socializing more or less</b>
<b>Alcohol or drug use increased</b>	<b>Fatigue</b>	<b>Obsessing about something</b>	<b>Social boundaries inappropriate</b>
<b>Anger</b>	<b>Fear (unfounded)</b>	<b>Organization problems</b>	<b>Spending more money than usual</b>
<b>Anhedonia (loss of pleasure in activities)</b>	<b>Feeling like you need a break</b>	<b>Overconfidence</b>	<b>Starting lots of projects</b>
<b>Annoyed easily</b>	<b>Feeling like you need help</b>	<b>Overreacting</b>	<b>Stimulation seeking</b>
<b>Anxiety</b>	<b>Feeling unsupported</b>	<b>Overwhelmed feeling</b>	<b>Stopping hobbies</b>
<b>Appearance (lack of concern about)</b>	<b>Frustration</b>	<b>Panic</b>	<b>Stopping participation in regular activities</b>
<b>Appetite changes</b>	<b>Grandiosity</b>	<b>Paranoia</b>	<b>Stressed out feeling</b>
<b>Attention problems</b>	<b>Guilt</b>	<b>Physical coordination problems</b>	<b>Suicidal thoughts or feelings</b>
<b>Caffeine use increased</b>	<b>Hallucinations</b>	<b>Planning big things</b>	<b>Talking more, louder, or faster</b>
<b>Calling people at inappropriate times</b>	<b>Headaches</b>	<b>Preoccupation with something</b>	<b>Tearfulness</b>
<b>Clouded thinking</b>	<b>Hostility</b>	<b>Pressured feeling</b>	<b>Tension</b>
<b>Concentration problems</b>	<b>Hygiene decreased</b>	<b>Pushiness</b>	<b>Uncooperativeness</b>
<b>Confusion</b>	<b>Impatience</b>	<b>Racing thoughts</b>	<b>Vague feeling that something is wrong</b>
<b>Cooking or grocery shopping decreased</b>	<b>Impulsive behavior</b>	<b>Relationship difficulties</b>	<b>Watching more TV than usual</b>
<b>Crying spells</b>	<b>Indecision</b>	<b>Religious ideas (more)</b>	<b>Weakness</b>
<b>Delusions</b>	<b>Insomnia</b>	<b>Restlessness</b>	<b>Weight changes</b>
<b>Desynchrony (out of sync with environment and other people)</b>	<b>Irritability</b>	<b>Ruminating on a thought or idea</b>	<b>“Wired” feeling</b>
<b>Digestive problems (with no other cause)</b>	<b>Isolation</b>	<b>Sadness</b>	<b>Withdrawing from people or activities</b>
<b>Disinhibition</b>	<b>Memory problems</b>	<b>Self-harm thoughts</b>	<b>Work difficulties</b>
<b>Disoriented feeling</b>	<b>Messy home</b>	<b>Senses enhanced or diminished</b>	<b>Worry</b>
<b>Distractibility</b>	<b>Missing medication</b>	<b>Sex drive increased</b>	<b>Worthlessness</b>