## Symptom Summary Worksheet

Category	When manic	When depressed	When feeling OK
Mood			
Attitude toward self			
Self-confidence			
Usual activities			
Social activity			
Sleep habits			
Appetite/eating habits			
Concentration			
Speed of thought			
Creativity			
Interest in having fun			
Restlessness			
Sense of humor			
Energy level			
How noise affects you			
Outlook on the future			
Speech patterns			
Decision-making ability			
Concern for others			
Thoughts about death			
Ability to function			
Other areas:			
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