

## **Depression in Bipolar I**

Depression in bipolar I can be debilitating. You may feel so sad or worthless that you can't even get out of bed or tend to your responsibilities. It can even lead to suicide if left untreated.

## **Mania in Bipolar I**

People with bipolar I suffer from severe manic episodes. These episodes can include elevated mood, racing thoughts, dangerous impulsive behavior such as spending sprees and indiscriminate sexual activity, and inappropriate aggression.

## **Depression in Bipolar II**

In bipolar II, depression is painful but not crippling. You can still function, though you feel miserable. You may feel like you're just going through the motions and not enjoying life.

## **Hypomania in Bipolar II**

In bipolar II, patients experience hypomania. Symptoms are similar to mania but are not as extreme, and don't necessarily have a negative impact on your life like mania does.

**Hypomania:** *"At first when I'm high, it's tremendous ... ideas are fast ... like shooting stars you follow until brighter ones appear... All shyness disappears, the right words and gestures are suddenly there ... uninteresting people, things become intensely interesting. Sensuality is pervasive, the desire to seduce and be seduced is irresistible. Your marrow is infused with unbelievable feelings of ease, power, well-being, omnipotence, euphoria ... you can do anything ... but somewhere this changes."*

**Mania:** *"The fast ideas start coming too fast and there are far too many ... overwhelming confusion replaces clarity ... you stop keeping up with it ... memory goes. Infectious humor ceases to amuse. Your friends become frightened ... everything is now against the grain ... you are irritable, angry, frightened, uncontrollable, and trapped."*

## **Other forms of Bi-Polar Disorder**

- **Cyclothymic disorder** - describes periods of hypomania with brief periods of depression that are not as extensive or long-lasting as seen in full depressive episodes.
- **Mixed bipolar** - episodes are periods that simultaneously involve the full symptoms of both a manic and a full depressive episode. It's marked by grandiose feelings with racing thoughts. At the same time, the person is irritable, angry, moody, and feeling bad.