Anonymous Bipolar Disorder II case story:

They hadn’t been successful to managing their 7-year-old bipolar disorder. Bipolar had cost them a lot of socially, economically, career-wise, health-wise, life-wise, relationship-wise, and had caused their life to shrink dramatically and become much more lonely, difficult, and dependent. Most of their pain has come from the effects of the depressions, but they had lost a lot in the last two years from the (rare) hypomanias. They have spent probably over $200,000 on medical expenses. They had also lost so many jobs; the damage to their career had been profound. Their friends abandoned them when they had behaved oddly due to hypomanias, and they abandoned them when the depression had caused them to withdraw or to simply not be much “fun” to be around. They had lost their normal social life, pride, self-esteem, motivation, and the ability to experience pleasure.

Persona: That Bipolar disorder II case had lost a lot like their social life, their friends, their career, and their money due to their severe and chronic depressions and rare hypomanias as well as the inability of living a normal life.

Wants to: track their mood swings; therefore, they can understand their feelings and emotions and deal with them.

So that: they can live a normal social life, thrive in their career, have self-confidence, and high self-esteem.