So back in 2023 I was seeing a therapist, after opening up about some things regarding rage I had experiences and moodiness, she diagnosed me with bipolar and referred me to a “friend” of hers who is a NP who does medication management and so since 2023 I’ve been medicated as bipolar. The mood stabilizer has helped my anger/rage and helped me to be level but the more I research, the more I refuse to believe that I’m bipolar. I have a new therapist now that did an ADHD assessment on me and I meet that criteria. I don’t believe my old therapist even went through the criteria for bipolar with me. Just took what I said and said yeah you’re bipolar. Basically what I told her was that some days I would have a “bad day” where it would just be “blah”… I would be kinda down feeling but then the next day I’d be fine. It wasn’t in cycles it was just random day here or there. I struggled a lot with rage and my anger going from 0-100, and feeling like I had so much anger inside me but no way for it to get out so I would punch walls, yell, I just didn’t know how to manage that emotion. I had no patience and a short fuse. I was easily agitated. No “manic” episodes that I know of, no grandiose thoughts or behaviors.. no cycle that I could track to this. It was just how I was constantly. As I said, my mood stabilizer helped but now after questioning it, I’m trying to get on adhd meds and my NP won’t because she says I’m bipolar not ADHD. What if I’m not though? 🤦🏻‍♀️ does this sound like bipolar ? I’m in the process of getting a new med management doctor, one that’ll hopefully actually listen to me.