Have you experienced periods of extreme happiness or euphoria, followed by periods of deep sadness or hopelessness?

1. "Yes, I have times when I feel on top of the world, but then I'll crash and feel deeply depressed."
2. "I go through phases where I'm extremely happy and energetic, but then I'll hit a low point where I feel very sad and hopeless."
3. "It's like a rollercoaster."
4. "One minute I'm on top of the world, invincible, and full of energy."
5. "I can conquer anything."
6. "I'm laughing, talking a mile a minute, and have plans to change the world."
7. "But then, like a switch, it flips."
8. "The world turns gray, and everything feels heavy."
9. "I can't get out of bed, I don't want to eat, and the simplest tasks feel impossible."
10. "It's like I'm drowning in a sea of hopelessness."
11. "These swings happen over and over, and it's exhausting."
12. "I never know what to expect next."
13. "Up and down."
14. "I go through these cycles where I'm incredibly happy and confident."
15. "I crash and burn."
16. "I have no control over my emotions."
17. "I feel like out of control."
18. "Once I'm euphoric and the next/suddenly I'm crying uncontrollably."
19. "I crash into a deep depression."
20. "These mood swings disrupt my whole life."

Do you have times when you feel incredibly energetic and active, but other times when you feel very fatigued and low on energy?

1. "Yes, there are days when I can't stop moving and feel like I can do anything, but then there are days when I can't get out of bed."
2. "I sometimes feel supercharged and take on a lot, but other times I feel completely drained and can't do much of anything."
3. "It's like living two different lives."
4. "I'm bouncing off the walls."
5. "I have endless energy, and I can't stop moving."
6. "I'm tackling a million projects at once, and I feel invincible."
7. "It's like a switch flips."
8. "The energy just drains out of me."
9. "I can barely get out of bed, and even the simplest tasks feel overwhelming."
10. "I'm constantly tired, and nothing interests me."
11. "It's like being on a rollercoaster, with no control over where I'm going next."
12. "It’s like on off"
13. " When I'm down, I'm completely drained."
14. " It's hard to explain."
15. " Hyperactive and restless."
16. " I'm so tired."
17. " I can't keep up."
18. " It's hard to function normally."
19. " Energy levels are changing."
20. " Ups and downs."

Have you noticed significant changes in your sleep patterns, such as needing very little sleep during certain periods and sleeping excessively during others?

1. "Yes, during some periods I only need a few hours of sleep and feel fine, but other times I sleep for long hours and still feel tired."
2. "I can go days with hardly any sleep when I'm feeling high, but then I might sleep all day when I'm feeling low."
3. "My sleep schedule is all over the place."
4. "I can go for days without feeling tired. I'm full of energy, and sleep feels like a waste of time. I can conquer the world."
5. "I can't seem to wake up."
6. "I sleep for hours on end, and it's hard to drag myself out of bed."
7. "It's like my body is trying to compensate for the lost sleep, but it never seems to catch up."
8. " Sometimes I can go days without sleep."
9. " My sleep patterns are all over the place."
10. " When I'm depressed, I can't seem to wake up."
11. " Sleep changes make it impossible."
12. " I'm so tired of not being able to sleep."
13. " Everyone has trouble sleeping sometimes."
14. " My sleep has been off lately, but I'm not sure why."

Do you have episodes where you engage in risky behaviors or make impulsive decisions, followed by times when you are overly cautious or feel guilty?

1. "Yes, there are times when I'll spend a lot of money impulsively or take risks, and then I'll regret it deeply afterward."
2. "I sometimes do things without thinking, like driving too fast or making big purchases, and then I'll feel really guilty and cautious later."
3. "It's like living two different lives."
4. "I feel unstoppable."
5. "I'll spend money like crazy, take reckless risks, and jump into new relationships without thinking."
6. "It's like I'm on top of the world, and nothing can bring me down."
7. "Other shoe drops."
8. "I become so cautious it's like I'm walking on eggshells."
9. "Every decision is a mountain, and I'm filled with guilt and regret about the things I did when I was 'up'."
10. "It's a constant cycle that's exhausting and confusing."
11. " I'm two different people."
12. " I crash and become overly cautious."
13. " Filled with guilt."
14. " I never know what I'm going to do next."
15. " Making rash decisions."
16. " Afraid to talk to anyone."
17. " I've made some really bad choices during my manic phases."
18. " The guilt and shame are overwhelming."
19. " I push people away when I'm manic."
20. " I cling to people desperately when I'm depressed."

Do you find that your mood swings significantly affect your ability to function in daily life, such as at work or in relationships?

1. "Yes, my mood swings make it hard to keep up with work and maintain relationships."
2. "People don't know how to handle my changes."
3. "My ups and downs really interfere with my daily life."
4. "I can't keep a steady routine, and it strains my relationships with others."
5. "My mood swings completely derail my life."
6. "When I'm up, I'm unstoppable, but I burn bridges and alienate people."
7. "I can't focus on anything but the next big idea."
8. "When I'm down, I can barely get out of bed."
9. "I've lost jobs because of it, and my relationships are in ruins."
10. "It's like I'm on a never-ending rollercoaster."
11. "There's no way to get off."
12. " I'm constantly trying to pick up the pieces after a crash."
13. " When I'm manic, I can't focus, and I end up making impulsive decisions that ruin everything."
14. " When I'm depressed, I can barely get out of bed, let alone go to work or socialize."
15. " I can't seem to maintain a consistent work schedule or meet deadlines."
16. " I'm emotionally unavailable when I'm depressed."
17. " I isolate myself and withdraw from everyone."
18. " I'll take on too many works at once"
19. " I just have trouble sometimes."
20. " It doesn't affect my life too much."