

A. FIRST SIGNS"Green Zone"

1. Looking at this Bipolar Index list to check symptoms.
2. I become conscious of generally heightened emotions.
3. Buying new sorts of food and clothes and other items.
4. I create new domestic routines and move my furniture.
5. I start behaving rather more sociably than normal.
6. Typing faster than usual but still quite accurately.
7. My diary is fuller than usual and I make lists of jobs.
8. My song and story writing becomes more creative.
9. I take on new jobs and seek new business ventures.
10. My neuroses diminish so my behaviour diversifies.
11. Friends casually mention that I seem to be rather high.
12. Constantly getting up at six o'clock in the morning.
13. Typing extremely fast but with occasional mistakes.
14. My hands tremble slightly more than they usually do.
15. There are not enough hours in the day to do my jobs.
16. My mouth is rather dry and I sweat more than usual.
17. I start talking too much and rather faster than usual.
18. I am more suggestible and more eager to please others.
19. I work enthusiastically at least fifteen hours every day.
20. Personal hygiene and household jobs are neglected.
21. Friends express slight concern about my state of mind.
22. My autopilot car driving is rather slower than usual.
23. I start staying in bed for up to twenty hours each day.
24. Time seems short and seems to pass very quickly.
25. Time appears to pass rather more slowly than usual.
26. I become very eager to be more friendly than usual.
27. I become slightly impatient with my everyday tasks.
28. I forget where I've parked my car at the supermarket.
29. I have some difficulty in adjusting my digital watch.
30. My vision seems clearer and colours appear brighter.

B. WARNING SIGNS"Orange Zone"

31. Friends express real concerns about my state of mind.
32. I start talking far too much and much faster than usual.
33. My home becomes very untidy and I can't do any jobs.
34. My autopilot driving becomes much faster than usual.
35. I lose my appetite and sometimes feel sick when eating.
36. I am unable to create new ideas or invent new systems.
37. I have some difficulty in resolving everyday problems.
38. Time really drags and I become bored and aimless.
39. I become indecisive and start to worry over choices.
40. I become unable to cope with normal everyday tasks.
41. Friends suggest I take my tablets or go to the doctor.
42. Unusual impulses to drink alcohol or smoke cigars.
43. I start making unusual numbers of simple mistakes.
44. I work obsessively at least eighteen hours every day.
45. I become irrationally irritated over everyday tasks.
46. My hands start shaking far more than they usually do.
47. I have an increased sex drive and mild sex fantasies.
48. I have a tendency to shuffle slightly whenever I walk.
49. My facial colour becomes abnormally pale and waxy.
50. I start to constantly check in my mirror for symptoms.

NOTES:

- a. These 100 Signs are listed in order of my own increasing fear of each symptom.
- b. The symptoms include: manic or depressive or disturbed or confused symptoms.
- c. The First Signs are usually harmless. The Warning Signs can lead to breakdown.
- d. Danger Signs often lead to breakdown. Deadly Signs always lead to breakdown.

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C. DANGER SIGNS"Red Zone"

51. Friends are alarmed by my dangerous symptoms.
52. Sleeping patterns disrupted so my bed is in disarray.
53. In private I start to swear constantly over nothing.
54. I suffer intense compulsions to finish all my jobs.
55. Television plays and films seem unusually lifelike.
56. Changes in my body odour and toilet functions.
57. Greatly increased sex drive and vivid sex fantasies.
58. Strong desires to start silly superficial love affairs.
59. I become completely apathetic and abnormally lazy.
60. Sounds seem far louder and odours seem stronger.
61. Friends insist upon accompanying me to the doctor.
62. My conversations all become obsessive monologues.
63. I constantly forget any appointments I have made.
64. I have difficulty in working out times and dates.
65. I cannot remember my home telephone number.
66. I am unable to wind my hairdryer cord as usual.
67. Friends tell me I am walking with a peculiar gait.
68. My short term memory becomes very poor indeed.
69. Routine household tasks seem almost impossible.
70. I swear frequently for no reason - even in public.
71. The doctor significantly increases my medication.
72. I forget how to read the date on my wrist watch.
73. I have difficulty with spelling and very easy maths.
74. I type at excessive speed but with numerous errors.
75. I start to drink alcohol and smoke cigars.
76. I have strong urges to start buying pornography.
77. I am unable to follow the plot of even a simple film.
78. I get panic attacks and abnormal feelings of fear.
79. Angry frustration and rage over everyday problems.
80. Constant obsessive introverted morbid thoughts.

D. DEADLY SIGNS"Black Zone"

81. Friends suggest that I should be hospitalised.
82. I am extremely clumsy. Always dropping things.
83. My hands shake so much that I can hardly write.
84. I keep forgetting the names of people I know well.
85. I get totally lost when driving on familiar routes.
86. I become disorientated. Cannot tell left from right.
87. An exaggerated reaction to any startle responses.
88. I become completely unable to tune my guitar.
89. I forget my own address and my way home.
90. My eyes glitter and stare abnormally.
91. Friends insist that I must be hospitalised at once.
92. Unreasoning fury over everyday situations.
93. The television seems to speak to me personally.
94. I am unable to operate my computer.
95. I am unable to drive my car.
96. I become sexually overactive or impotent.
97. I become dizzy and unable to walk properly.
98. I start to have suicidal thoughts.
99. I set up suicide scenarios.
100. I attempt suicide.

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