

Identification No. \_\_\_\_\_  
(Leave blank)

Date \_\_\_\_\_

## *Mood and Energy Levels*

**Read the following paragraph all the way through first. Then follow the instructions which appear below it.**

Some individuals notice that their mood and/or energy levels shift drastically from time to time \_\_\_\_\_. These individuals notice that, at times, their mood and/or energy level is very low, and at other times, very high \_\_\_\_\_. During their "low" phases, these individuals often feel a lack of energy, a need to stay in bed or get extra sleep, and little or no motivation to do things they need to do \_\_\_\_\_. They often put on weight during these periods \_\_\_\_\_. During their low phases, these individuals often feel "blue," sad all the time, or depressed \_\_\_\_\_. Sometimes, during the low phases, they feel helpless or even suicidal \_\_\_\_\_. Their ability to function at work or socially is impaired \_\_\_\_\_. Typically, the low phases last for a few weeks, but sometimes they last only a few days \_\_\_\_\_. Individuals with this type of pattern may experience a period of "normal" mood in between mood swings, during which their mood and energy level feels "right" and their ability to function is not disturbed \_\_\_\_\_. They may then notice a marked shift or "switch" in the way they feel \_\_\_\_\_. Their energy increases above what is normal for them, and they often get many things done they would not ordinarily be able to do \_\_\_\_\_. Sometimes during those "high" periods, these individuals feel as if they had too much energy or feel "hyper" \_\_\_\_\_. Some individuals, during these high periods, may feel irritable, "on edge," or aggressive \_\_\_\_\_. Some individuals, during the high periods, take on too many activities at once \_\_\_\_\_. During the high periods, some individuals may spend money in ways that cause them trouble \_\_\_\_\_. They may be more talkative, outgoing or sexual during these periods \_\_\_\_\_. Sometimes, their behavior during the high periods seems strange or annoying to others \_\_\_\_\_. Sometimes, these individuals get into difficulty with co-workers or police during these high periods \_\_\_\_\_. Sometimes, they increase their alcohol or nonprescription drug use during the high periods \_\_\_\_\_.

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**1. After you have read this passage, please decide which of the following is most accurate and place a check mark next to your answer:**

- this story fits me very well, or almost perfectly
- this story fits me fairly well
- this story fits me to some degree, but not in most respects
- this story doesn't really describe me at all

**2. Now please go back and put a check after each sentence in the paragraph above that accurately describes *you*. When you are done, total the number of check marks.**

**Total Number of Check Marks \_\_\_\_\_ Score (Leave Blank) \_\_\_\_\_**