

## Mania Checklist

The following list of symptoms will help us determine your level of Mania. Please note the frequency of each listed symptom.

Symptom	Never	Seldom	Sometimes	Often	Always
<b>I don't need much sleep.</b>					
<b>I can't stop talking or am talking more than usual.</b>					
<b>I have feelings of euphoria.</b>					
<b>My thoughts are moving quickly.</b>					
<b>I can't stop my thoughts.</b>					
<b>I feel more irritable than usual.</b>					
<b>I am more quickly angered than normal.</b>					
<b>I am hyperactive.</b>					
<b>I want more sex than normal.</b>					
<b>I have great ideas and plans.</b>					
<b>I am spending more money than usual.</b>					
<b>I am acting impulsively.</b>					
<b>I feel energized.</b>					
<b>I am more active than usual.</b>					
<b>I feel happier than my circumstances warrant.</b>					
<b>I feel restless.</b>					
<b>I have problems with concentration.</b>					
<b>I have poor judgment or have made bad decisions.</b>					
<b>I feel more self-confident than normal.</b>					
<b>I am bothered by strange thoughts.</b>					
<b>I have heard voices, seen things, or smelled things that other's didn't.</b>					
<b>I am unable to participate in my normal activities.</b>					

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