

Preventing Manic Thinking

Let's look at how you can learn to manage your thoughts to prevent mania. First, you need to learn to recognize what thoughts you get when you are beginning to get high. When you are in an elevated mood, thoughts that are overly positive might not be helpful to you because they could cause your mood to spiral upwards toward mania. Just like negative thoughts are considered unhelpful when you are depressed, thoughts that are overly positive are also considered problematic when your mood is elevated.

Use the next page to record the thoughts you tend to get when you are euphoric. Get into the habit of writing your thoughts that might be overly positive. At first, you likely won't recognize the particular problematic thoughts. That is why you must write them. You may find that some of your thoughts seem a little grandiose and are quite different from your customary viewpoint. These would be problematic thoughts. The next step is to develop a more balanced thought in place of the initial problematic overly-positive thought.

Ask yourself the following questions to develop balance:

- What evidence do I have that my thoughts are true?
- What facts or details might I have ignored or overlooked?
- What other ways are there of viewing the situation?
- If I were not feeling high, what would I be thinking?
- What is a balanced view of this situation?

It is probably helpful if you practice this exercise before you start feeling high. Remember that preventing a full-blown episode of mania is all about EARLY recognition of warning signs and EARLY intervention.

Once you have developed a balanced thought, say it to yourself regularly. Write it down on a card or on your hand-held device and refer to it often.

The Balance Sheet

When I am feeling euphoric, I often think:

An Alternative, Balanced View

Ask yourself:

- *What evidence do I have that my thoughts are true?*
- *What facts or details might I have ignored or overlooked?*
- *What other ways are there of viewing the situation?*
- *If I were not feeling high, what would I be thinking?*
- *What is a balanced view of this situation?*