

:: STANDARD OPERATING PROCEDURES ::

Those of us with bipolar disorder benefit from developing coping skills for many different situations and emotional states. Answer the questions on the left side of this form to identify your own emotional norms and healthy response options.

Tip: Track how frequently you utilize your tactics each week by making a check mark in the appropriate day's box in the grid.

When I wake up in the morning feeling great, I can:

When I wake up in the morning feeling sluggish, I can:

When I wake up in the morning feeling neutral, I can:

When I feel stressed, I can:

When I feel sad, I can:

When I notice that I have a sense of urgency, I can:

When I feel fatigued, I can:

When I feel accomplished, I can:

When I feel anxious or worried, I can:

When I feel exhausted, I can:

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