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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Bipolar

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| A | V | W | S | O | Y | D | X | E | D | I | I | I | V | R | E | Z | W | S | N | H | T | N | T |
| J | T | R | Q | G | L | O | F | L | I | G | H | T | O | F | I | D | E | A | S | P | N | G | H |
| M | U | G | M | J | P | O | J | B | Y | D | Y | Z | U | C | T | Y | H | K | H | L | J | H | O |
| E | C | K | J | V | E | M | M | L | Y | H | C | D | B | D | O | K | H | Y | L | E | N | Z | U |
| E | P | P | C | I | E | D | Q | Y | U | Z | A | T | B | W | Q | Y | P | W | J | A | M | Z | G |
| T | M | C | Y | N | L | E | V | I | T | A | K | L | A | T | A | E | G | O | C | S | O | R | H |
| S | J | U | T | S | S | S | I | P | O | Y | D | G | L | L | R | D | C | R | V | U | S | J | T |
| E | A | V | I | O | D | S | M | E | C | C | Q | U | U | S | R | C | D | T | T | R | N | R | S |
| F | A | A | L | M | E | E | W | V | U | J | J | Q | O | G | I | R | X | H | S | A | N | J | O |
| L | M | T | I | N | S | R | T | L | M | A | L | M | G | C | S | Z | X | L | E | B | S | F | F |
| E | P | P | B | I | A | P | E | J | B | W | N | T | W | E | B | T | B | E | R | L | G | K | D |
| S | U | W | I | A | E | E | F | B | M | I | V | K | I | L | A | F | S | S | E | E | M | X | E |
| D | V | Q | T | N | R | D | P | A | A | T | D | T | I | C | I | D | T | S | T | A | R | G | A |
| E | N | A | C | I | C | P | O | Y | Q | N | I | W | S | K | Z | Y | G | N | N | C | I | D | T |
| T | U | Y | A | R | E | C | D | A | X | V | E | E | N | W | E | W | B | E | I | T | L | R | H |
| A | M | R | R | F | D | E | U | U | I | I | S | I | K | U | M | V | D | S | D | I | C | V | H |
| L | O | D | T | R | E | M | J | T | G | V | A | U | R | W | T | L | U | S | E | V | P | T | W |
| F | Q | B | S | V | H | I | C | H | L | G | B | Y | U | P | L | H | V | V | S | I | Z | N | G |
| N | X | K | I | C | O | A | T | S | T | P | R | E | C | G | I | W | U | B | A | T | D | A | M |
| I | O | B | D | E | L | L | O | H | N | N | X | Z | F | I | U | E | M | W | E | I | C | Q | Y |
| H | V | T | E | A | O | W | G | F | T | G | B | N | K | G | G | S | W | J | R | E | O | V | R |
| D | N | T | O | S | T | I | C | H | B | V | K | D | I | Q | P | C | Y | S | C | S | N | U | D |
| S | Q | G | S | J | E | P | C | F | R | F | F | O | F | A | T | I | G | U | E | X | L | W | S |
| R | F | G | M | W | R | E | O | M | G | M | B | T | Q | E | U | X | C | X | D | R | X | R | Z |

   goal activities       pleasurable activities       distractibility       flight of ideas       talkative       decreased sleep       inflated self-esteem       thoughts of death       guilt       worthlessness       fatigue       hypersomnia       insomnia       decreased interest       weight gain       weight loss       Depressed mood