

IS YOUR CHILD BIPOLAR ?

- ___ 1. Excessively distressed when separated from family.
- ___ 2. Exhibits excessive anxiety or worry.
- ___ 3. Has difficulty arising in the morning.
- ___ 4. Hyperactive and excitable in the p.m.
- ___ 5. Sleeps fitfully or has difficulty getting to sleep.
- ___ 6. Has night terrors or frequently wakes in the middle of the night.
- ___ 7. Is unable to concentrate at school.
- ___ 8. Has poor handwriting.
- ___ 9. Has difficulty organizing tasks.
- ___ 10. Has difficulty making transitions.
- ___ 11. Complains of being bored.
- ___ 12. Has many ideas at once.
- ___ 13. Is very intuitive or very creative.
- ___ 14. Is easily distracted by extraneous stimuli.
- ___ 15. Has periods of excessive, rapid speech.
- ___ 16. Is willful and refuses to be subordinated.
- ___ 17. Displays periods of extreme hyperactivity.
- ___ 18. Displays abrupt, rapid mood swings.
- ___ 19. Has irritable mood states.
- ___ 20. Has elated or silly, giddy mood states.
- ___ 21. Has exaggerated ideas about self or abilities.
- ___ 22. Exhibits inappropriate sexual behavior.
- ___ 23. Feel easily criticized or rejected.
- ___ 24. Has decreased initiative.
- ___ 25. Has periods of low energy or withdraws or isolates self.
- ___ 26. Has periods of self-doubt and poor self-esteem.
- ___ 27. Is intolerant of delays.
- ___ 28. Relentlessly pursues own needs.
- ___ 29. Argues with adults or bosses others.
- ___ 30. Defies or refuses to comply with rules.
- ___ 31. Blames others for his or her mistakes.
- ___ 32. Is easily angered when people set limits.
- ___ 33. Lies to avoid consequences.
- ___ 34. Has protracted, explosive temper tantrums or rages.
- ___ 35. Has destroyed property intentionally.
- ___ 36. Curses viciously in anger.
- ___ 37. Makes moderate threats against others or self.
- ___ 38. Has made clear threats of suicide.
- ___ 39. Is fascinated with blood and gore.
- ___ 40. Has seen or heard hallucinations.

(If you check more than 20, the child should be evaluated.)

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