UNDERSTANDING TRI-POLAR DISORDER

Map of BiPolar II & BPD Cycles

RAPID CYCLERS can go through this cycle at least once per month or even more frequently

 Associated Psychosis
(Sandra does not have Hallucinations or Delusions)

Psychosis is when thinking becomes disorganized, resulting in very poor judgment, often accompanied by intense fear or anxiety. In this state, the ability to reason is completely lost

- Borderline Personality Disorder
  - Splitting
  - Anger & Rage
  - Abandonment
  - Unstable Self Image
  - Impulsiveness
  - Suicidal & Self Mutilation
  - Dysphoria, Depression
  - Disassociation
  - Control Issues
  - Lack of Object Contancy
  - Interpersonal Sensitivity
  - Situational Competence
  - Narcissistic Demands
  - Manipulation
  - High-Low Functioning
  - Acting In, Acting Out

Paranoia
- Profound Distrust
- Belief Something is happening which isn’t
- Unfounded Fear of Harm
- Unfounded Assumptions
- Hypochondria
- Fear of Abandonment
- Highly Suspicious
Bi-Polar II plus BPD Rapid Cycling

Conditions, Triggers, Symptoms, & Responses

General Treatment
• Proper Medication
• Meditation, Yoga
• Herbs, No Caffeine
• Exercise, Proper Diet
• Understanding & Compassion
• Regular Sleep
• Christianity
• No Arguing/Fighting

General Symptoms
• All or Nothing (black & white) Thinking
• Unrealistic, Illogical, Unbalanced
• Anxiety Ridden

TRAPS
• Caught in Content
• Logical Response
• Reactive Response
• Arguing

RELEASE
“*This is Bi-Polar Disorder Talking. I don’t have conversations with Bi-Polar, I talk with my wife*”