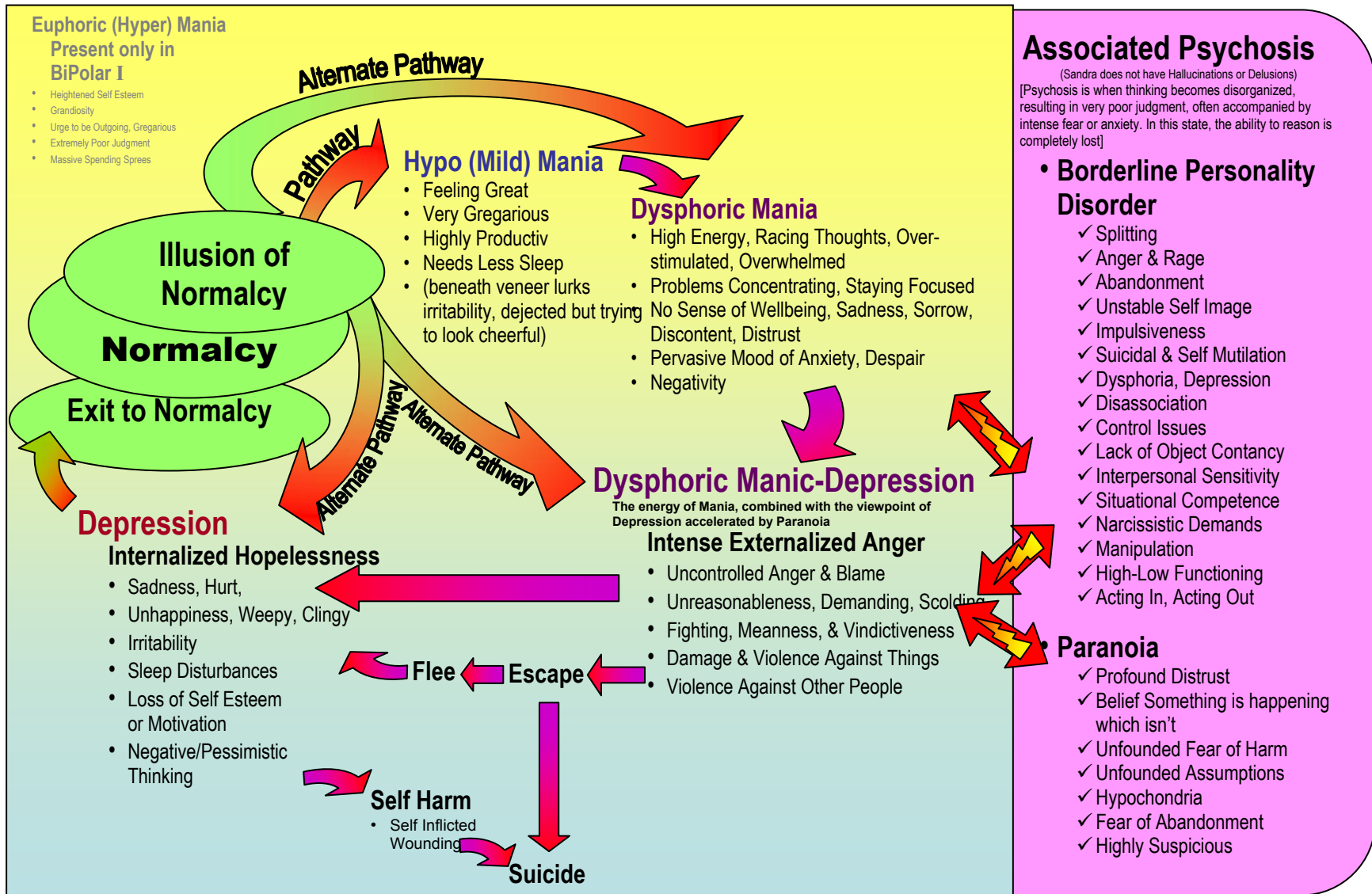


Map of BiPolar II & BPD Cycles

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



Bi-Polar II plus BPD Rapid Cycling

Conditions, Triggers, Symptoms, & Responses

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"

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

UNDERSTANDING TRI-POLAR DISORDER