



Response to Manic Symptoms- Costs & Benefits Analysis¹

All choices are trade-offs, and all choices related to how you respond to mania or stress have **costs** and **benefits**. In this exercise we'll look at our own responses and weigh them against our values.

Step 1: Identify your responses to manic symptoms. *Give equal time to the “not so healthy” as well as the “healthy.”*

Step 2: What are the costs and the benefits of each? *Don't forget the upsides of the “not so healthy” responses as well as the downsides of the “healthy” responses.*

Step 3: How does each of these responses work for or against your values and life goals?

Response to Manic Symptoms	Positive Effects (Upsides)	Negative Effects (Downsides)	Impact on my Life Goals and Core Values
A “healthy” response:			

¹ This exercise has been adapted from Bauer MS, Kilbourne AM, Greenwald DE, Ludman EJ, McBride L. *Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms & Achieving Your Life Goals*. Oakland, CA: New Harbinger Publications, Inc.; 2008.

<i>A “not so healthy” response:</i>			
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Some examples of “healthy” and “not so healthy” responses to mania and stress:

- Compromise when possible
- Maintain sleep schedule
- Continue medication
- Call MD/nurse/therapist
- Not using alcohol or street drugs
- Maintain routine daily activities
- Participate in arguments
- Engage in impulsive relationships and sexual activity
- Gambling, overspending with credit/debit
- Drop out of treatment
- Doing lots of projects (working, writing)