

**Please check yes or not to each statement below:**

ISSUE	Yes	No
I recall a time in my life, when I was so irritable that I shouted at people or started fights or arguments, and I felt this way for at least a week.		
I recall a time in my life, when I felt much more confident, or on top of the world, and it lasted at least a week or more.		
I recall a time that lasted at least a week, where I felt more special than other people, that I had special talents.		
I recall at least one time where I got by on only 1-3 hours sleep for at least 7 or more days in a row.		
I recall at least one time where I was extremely talkative, like a motor mouth, for at least one week.		
I recall a time in my life where I was very impulsive, and it seemed like I was out of control, and it lasted for at least a week.		
I recall at least one time where it felt like my thoughts were racing out of control and this lasted for at least one week.		
I recall at least one time where I was very easily distracted and found it hard to focus, for at least one week straight.		
I recall at least one time where I had much more energy than usual, and it lasted for at least a week.		
I recall a time when I was much more active than usual, and it lasted for at least a week.		
I recall a time when I was very outgoing and it lasted for at least a week.		
I recall a time when I was very interested in sex and felt pre-occupied with sex, and it lasted a week or more.		
I recall a time that I was doing things that other people might have thought or did think were excessive, foolish or risky.		
I recall a time when I was on a spending spree or I spent so much money that it got me (or my family) in trouble.		

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Signature

\_\_\_\_\_  
Date