

The Life Events Table

The life events table can help determine whether you cycle and when your cycles tend to occur. Fill out this work sheet year by year, charting the months when you had problems or seemed different from usual. Put the following letters/symbols in the appropriate months.

D = Depressed.

M = Manic

X = Mixed symptoms of depression and mania

☹ = When a significant problem occurred, either with friends, family, school, work, etc, even if it doesn't seem to have a connection with bipolar.

☺ = When you felt like yourself

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2015												
2014												
2013												
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YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

(Taken From: The Bipolar Handbook for Children by Wes Burgess, 2008)