



High Symptoms	Low Symptoms
I need less sleep	I feel sad, down, depressed
I feel more energetic and more active	The future seems hopeless
I am more self-confident	I feel like a failure
I enjoy my work more	I don't enjoy much in life
I am more sociable (make more phone calls, go out more)	I have little motivation
I want to travel and/or do travel more	I am more self-critical
I tend to drive faster or take more risks when driving	Life doesn't seem worth living or I have thoughts of suicide.
I spend more money/too much money	I don't do very much
I take more risks in my daily life (in my work and/or other activities)	I feel anxious or inhibited
I am physically more active (sports, etc.)	I cry a lot
I plan more activities or projects	I feel slowed down
I have more ideas, I am more creative	I feel tired or have little energy
I am less shy or inhibited	I'm withdrawn from other people
I wear more colorful and more extravagant clothes/make-up	I have trouble making decisions
I want to meet or actually do meet more people	I can't concentrate well
I am more interested in sex, and/or have increased sexual desire	I have trouble falling asleep <i>and</i> need more sleep than I'm getting
I am more flirtatious or am more sexually active	I wake up earlier than expected
I talk more	I sleep too much
I think faster	My sex drive is low
I make more jokes or puns when I am talking	I eat more than usual
I am more easily distracted	I eat less than usual
I engage in lots of new things	I crave sweets or carbohydrates
My thoughts jump from topic to topic	I feel worthless
I do things more quickly or more easily	I tend to worry and ruminate
I am more impatient or get irritable more easily	I feel easily hurt or rejected
I can be exhausting or irritating to others	My muscles feel agitated or tense
I get into more quarrels	My muscles feel slow and weak
My mood is higher, more optimistic	My limbs feel heavy, like lead
I drink more coffee	I feel angry, irritable
I smoke more cigarettes	Nothing interests me much
I drink more alcohol	It's hard to start things
I use or crave more drugs	I feel empty or have no feelings