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## Symptoms of bipolar disorder

### How can you tell when it's not anxiety depression symptom, but bipolar disorder instead?

While anxiety is nearly always felt by people with bipolar disorder, someone with this condition typically experiences, not the constant feelings of fear, defeat and hopelessness that someone with anxiety depression symptom may feel, but instead, exaggerated extremes of mood.

Ricocheting between these phases		
<ul style="list-style-type: none"><li>• Severe depression</li></ul>	<ul style="list-style-type: none"><li>• Soaring highs</li><li>• Restlessness</li><li>• Impulsive decisions</li><li>• Reckless behaviour</li><li>• Poor judgment</li><li>• Difficulty concentrating</li><li>• Racing thoughts</li></ul>	<ul style="list-style-type: none"><li>• Normal mood</li></ul>

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