Viewing report for: Tom Wootton (tom@bipolaradvantage.com)

Doctor / Clinician Report

Print

Environment

Environments that influence the user's states and reactions.

Environments affecting (Hypo)mania

Very Positive	Somewhat Positive	Neutral	Somewhat Negative	Very Negative
Acting or Performing Exploring New Places Dim Lighting Amusement park Wellness retreat Alone by Necessity	Baking New Recipes Brainstorming or Planning Working on a Project Dim or Natural Light Arcade / Gaming center Hospital room With a small group in a safe setting	Cooking Dim Warm Lighting Casino With acquaintances at an event	Crafting or Making Things Fragrant Scents Concert venue Hospital room With family (mostly supportive)	Improv / Theater Group Fresh Air Amusement park Movie theater With friendly coworkers

Environments affecting (Hypo)depression

Very Positive	Somewhat Positive	Neutral	Somewhat Negative	Very Negative
Acting or Performing Cooking Crafting or Making Things Painting or Drawing	Acting or Performing Cooking Crafting or Making Things	Acting or Performing Cooking	Acting or Performing	--

IN Order vs DisOrder Behaviors

Behaviors that signal when escalation may be needed.

Mania Behaviors

IN Order	Dis-Ordered	Out of Control
Aggressive Respecting others' boundaries Acting out from delusions Hypersexuality Risky behavior Racing thoughts Acknowledging my emotional state Productivity masking mania	Arguing Respecting others' boundaries Acting out from delusions Hypersexuality Risky behavior Acknowledging my emotional state Naive	Lashing out Respecting others' boundaries Acting out from delusions Hypersexuality Risky behavior Acknowledging my emotional state Grandiosity

Depression Behaviors

IN Order	Dis-Ordered	Out of Control
Resolving conflict constructively Giving space when needed Celebrating small wins with others Respecting others' boundaries Prioritizing sleep and nutrition	Aggressive Unrestrained Suppressing Mild disorganization Poor hygiene Obsessive Low motivation Unrealistic plans	--

Comfort Zone

Feelings that mark inside / outside comfort boundaries.

Mania Comfort-Zone Feelings

Inside Comfort Zone	Slightly Outside Comfort Zone	Too Far Outside Comfort Zone
Physical Feelings Agile Animated Aroused Balanced energy Wired but tired	**Physical Feelings** Agile Animated Aroused Bland taste Bright vision Burning Chills Wired but tired	**Physical Feelings** Agile Animated Aroused Excruciating Pain Fainting or Blacking Out Heart Racing Wired but tired
Mental Feelings Attentiveness Capable Clarity of thought	**Mental Feelings** Bored Confused Poor concentration	**Mental Feelings** Complete dissociation Paranoid delusions Psychotic symptoms
Emotional Feelings Amazement	**Emotional Feelings** Agitated Annoyance	**Emotional Feelings** Aggressiveness
Spiritual Feelings Aligned At Peace Connected to God Divine Enlightened	**Spiritual Feelings** All-powerful Conflicted Doubtful	**Spiritual Feelings** Feeling Possessed or Cursed
Social Feelings Admiration Adoration Caring Connected Friendly Interest in Activities Responsible	**Social Feelings** Misunderstood Sensitive to surroundings Violent or self-harm behavior	**Social Feelings** Total social withdrawal Violent or self-harm behavior
Career/Financial Feelings Task-Oriented	**Career/Financial Feelings** Task-Oriented	**Career/Financial Feelings** Task-Oriented

Depression Comfort-Zone Feelings

Inside Comfort Zone	Slightly Outside Comfort Zone	Too Far Outside Comfort Zone
Physical Feelings Balanced energy	**Physical Feelings** Bland taste Blurry vision Distorted smell Dull Ache	**Physical Feelings** Burning Chills Dizziness Excruciating Pain
Mental Feelings Clarity of thought	**Mental Feelings** Anhedonia (loss of pleasure) Bored Low Motivation Mental fog	**Mental Feelings** Blank mind Complete dissociation Paranoid delusions
Emotional Feelings --	**Emotional Feelings** --	**Emotional Feelings** --
Spiritual Feelings --	**Spiritual Feelings** Existential Annihilation	**Spiritual Feelings** Existential Annihilation
Social Feelings Caring Connected Friendly Interest in Activities Welcomed	**Social Feelings** Misunderstood Sensitive to surroundings Suspicious	**Social Feelings** Catastrophic Social Anxiety Total social withdrawal Violent or self-harm behavior
Career/Financial Feelings Effective Efficient Productive	**Career/Financial Feelings** Task-Oriented Useful	**Career/Financial Feelings** Complete financial breakdown Impending eviction or bankruptcy panic Loss of All Ability To Work

Tools

Tools the user relies on to manage or shift state.

Currently Chosen Tools For (Hypo) Mania

Simple Tools	Stronger Tools	Extreme Tools
Be with someone quietly Eat balanced meal Stretching Tai Chi Watch a show or video	Massage therapy Seek spiritual guidance	Emergency med override Go to emergency room

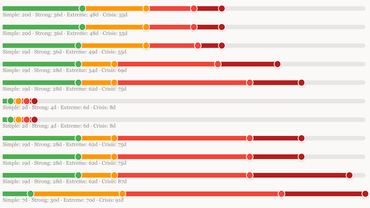
Currently Chosen Tools For (Hypo) Depression

Simple Tools	Stronger Tools	Extreme Tools
Avoid skipping meals Choose whole foods Drink water Eat balanced meal Eat healthy snack	Cry intentionally Gratitude during pain Vocal release (shout, sing)	Floatation tank Physical release (punch pillow, etc.)

Accounting For Time (Timelines)

Timeline history and escalation level.

Mania Timelines

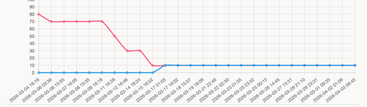


Depression Timelines



Daily Check-ins

My Check-In History



When	Manic %	Depressed %	Env. Percep.	Comfort Zone	Behavior	Tools Used	Tools Worked	Phase
2026-03-04 16:16	0%	80%	neutral	slightly_outside	in_order	0	0	timeline_started
2026-03-06 03:36	0%	70%	neutral	inside	in_order	0	0	in_comfort_zone
2026-03-06 15:51	0%	70%	neutral	inside	in_order	0	0	in_comfort_zone
2026-03-07 16:05	0%	70%	neutral	inside	in_order	0	0	in_comfort_zone
2026-03-08 15:35	0%	70%	neutral	inside	in_order	0	0	in_comfort_zone
2026-03-09 16:18	0%	70%	neutral	inside	in_order	0	0	in_comfort_zone
2026-03-11 16:28	0%	50%	neutral	inside	in_order	0	0	timeline_ended
2026-03-12 16:46	0%	30%	neutral	inside	in_order	0	0	no_timeline
2026-03-14 18:24	0%	30%	neutral	inside	in_order	0	0	no_timeline
2026-03-15 16:02	0%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-17 01:03	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-17 16:02	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-18 15:07	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-19 18:09	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-21 22:46	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-22 02:50	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-23 01:55	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-23 23:52	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-25 00:13	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-26 14:45	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-27 15:31	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-28 21:10	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-29 23:31	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-03-31 09:35	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-04-02 01:09	10%	10%	neutral	inside	in_order	0	0	no_timeline
2026-04-03 06:45	10%	10%	neutral	inside	in_order	0	0	no_timeline

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