


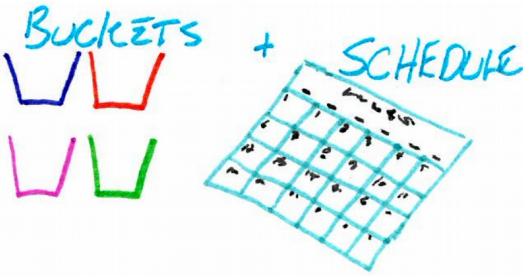


These are the steps that I took to find stability. These steps do not have to be followed in the exact order that they are presented, some steps you may find however are more intuitive and easier once completing others before it. The initial steps of collecting and building resources are especially important to do at the beginning because they will help to keep you regulated as you learn about yourself.

Note: You can find the corresponding work sheet for each step as an individual separate PDF.

 <p>DETERMINE + GATHER</p>	<p>This is a good place to start, by listing the things that you enjoy which help you to calm down or remain calm and or to help bring you back up if you're feeling down.</p>
 <p>SETUP</p>	<p>Having your regulating tools is one step, now it is time to build a safe place in your home that will act as a fun space and a visual cue where you can go to regulate when you need to. Having your regulating items hidden will do you no good and, if you're like me, you might forget they exist if they're not visible.</p>
 <p>ROUTINE + REMINDERS</p>	<p>The next good step to take is to establish a routine that you can follow. Routine is yet another regulating tool that will help you to remain stable even in negative circumstances. Use your phone or another source to help keep you reminded and on track.</p>
 <p>BUCKETS + SCHEDULE</p>	<p>Once you know the routine that you want to follow, it is time to make it into a physical or digital schedule that is visually interesting and visible that will keep you on track each day. Buckets are categories that you can place your to do list items into.</p>

SUPPORTS



Having tools and resources are good, but sometimes they're not enough. Everyone needs a fellowship of supports that can be there to call and help when needed. Some examples would be pastor, counsellor, spouse, significant other, sibling, friend, mentor. You should have one main primary support who is your go to person. It is not that you rely fully upon this person but rather this is someone whom you trust to be fully honest with you and who you can be honest with yourself. It is important to have different people in your life that meet different needs. But remember, they're people they do not have all the answers and they do not expect them to lift your spirits or to do the work for you. It should be a reciprocating relationship of give and take.

TRUST MEMORIES



Because our feelings bring deceptive ideas, we also need to draw out memories and reasons on why we can trust this primary support even when we "feel" their advice is wrong.

MAP
! / OR
JOURNAL



+

GOAL



As you build your resources you will also need to map out and/or journal different feelings, thoughts, and patterns that you notice in yourself, this will help them come to light which will make them easier to spot in yourself which is important for the next steps. You will also need to set a goal or a reason for why you are doing this so as to keep yourself motivated. Note: This is an ongoing step.

OUTCOMES + INVENTORY



List out and/or draw an inventory of some (not all) of those most depressed, manic/elated, and anxious moments in your life. Remember to also list the successes/victories, this is not a list to bring guilt but memories to act as reminders to motivate you forward and to help you to recognize future unregulated moments based on past moments.

Family history: If Bi-Polar is not exclusive to you and it runs in the family, if you can think of anyone who lives with the same

symptoms/behaviour as you do, it is helpful to draw out a glimpse of how their life ended up living unregulated. This is another great reminder and motivator to persevere and show you where you do not want to end up or if someone has been successful then they are a great resource to learn from.



As you're mapping it is a good idea to begin listing the kind of symptoms you notice in yourself when you're anxious, manic, depressed and unregulated. These symptoms include, Behaviours, Mental thoughts, Emotional Feelings, and Physical Sensations. It is also good to know how these symptoms differ when you are regulated.



List the things that trigger you to become unregulated, certain activities (i.e. Movie theatre), things people say or do, what you watch, eat, where you go, what time of day, what time of year, etc. Don't worry if it isn't perfect, you will learn more triggers as you complete other steps.

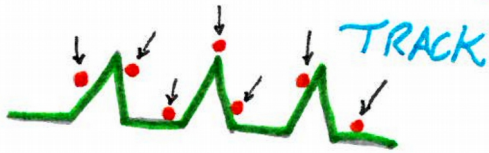


For this step you are now joining together the symptoms and triggers together to reveal certain "character states" that you become when unregulated. This will help to remove blaming yourself for the actions and realizing that you are simply following a script from one of these characters, it will also help you to learn which resources help against which character state making you more effective in battling them and the feelings and thoughts they bring.

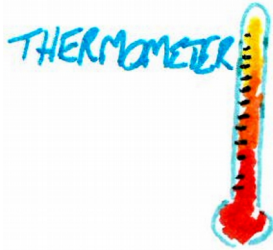


By naming the symptoms, triggers, and their respective character state, you will become more effective in learning to communicate your current emotional/mental states to others, and your needs in the moment. Practice with your primary support so they become familiar with the names of your character states and what they look like, i.e. Your behaviour and symptoms that are observable such as busy bee state that brings rapid motions, unfocused

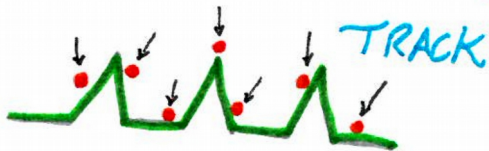
busy productivity, attempting to do everything in a short period of time or simultaneously.



With knowledge and understanding of your symptoms and character states, you can now effectively track when these characters appear in your life to understand yourself even better. It is a good idea to track a full year minimum to understand your symptoms and mood fluctuation during different months and seasons.



Knowing your symptoms is good, knowing which symptoms pop up where and which ones present themselves just before you tip over the edge is better. This will help you to manage your mood with greater ease as you learn which symptoms mean you're on track and which ones mean you better step back and regulate or you will lash out at someone.



No this is not a typo, now that you are familiar with your own thermometer, you can now use the advanced eMote tracker which includes a thermometer in it so you can also track what level you are at for the day.



We all have negative thoughts in our head, certain scripts and lines that we or some external source whispers to us in our mind. Now it is time to shine the light on them, draw a character that defines them, and then write out a counter truth which lessens or even destroys their effect on us.



Another useful tool to have on hand is an emergency plan. Now that you have become more aware of when certain emotional/mental character states show up, you can now plan for moments/events or circumstances that may be a trigger for you, such as people staying with you which leaves you with less quiet time, or vice versa, when everyone is gone and you have too much alone time.

EXTERNAL APPLICATION



You may have noticed already, all of these steps have helped you in the comfort of your home or somewhere familiar, but what happens when you're at work or somewhere new? Now it is time to learn a practical way to apply these steps to your place of work, friend's house, or place of travel/new unfamiliar environments.