

## **Problems with Thinking:** ***Diminished Cognitive Abilities***

- Has trouble concentrating or is easily distracted.
- Has difficulty remembering information.
- Takes longer to process information (such as responding slowly to others when conversing).
- Has difficulty understanding and applying abstract concepts.
- Feels he has to work harder than before (or than others) when trying to solve problems.

## **Problems with Thinking: *False or Odd Beliefs and Perceptions***

- Has beliefs that other know are not true and that lead to problems, such as thinking that other want to hurt her, people can read her thoughts, or others can control her.
- Believes that others are talking about him, such as people on the radio, TV, or on public transportation.
- Believes that special “hidden” messages are intended for her, such as license plate numbers and letters or the arrangements of certain objects.
- Feels that new experiences are somehow familiar or that old situations seem strangely new.
- Has perceptual distortions, such as colors and shapes appearing unusually bright and distinct or muted and indistinct.
- Hears voices, sees things, or has other perceptual experiences when nothing outward actually happened.

## **Problems with Feelings:**

### ***Depression***

- Acts sad, blue, depressed much of the time.
- Gets little pleasure from anything, even activities he/she used to enjoy.
- Has decreased appetite, leading to loss of weight.
- Has significant increase in weight.
- Has difficulty with sleep: either sleeps too much or too little.
- Has thoughts of worthlessness, hopelessness, or helplessness.
- Is unable to make decisions, concentrate, follow through.
- Speaks about death, talks about suicide, attempts to hurt self.
- Has guilty feelings over minor things.

## **Problems with Feelings:**

### ***Mania***

- Acts unusually “high” – excited, euphoric, overly confident – to the point where his behavior causes problems with others.
- Is overly confident, even grandiose, about abilities, talents, wealth, or appearance.
- Has boundless energy and needs relatively little sleep to feel refreshed.
- Makes impulsive decisions with negative consequences, such as going on spending sprees, engaging in sexual indiscretions or substance abuse, or making foolish business investments.
- Is irritable much of the time.
- Becomes easily angered, especially when others interfere with goals, however unrealistic they may be.
- Talks a mile a minute and is difficult to interrupt.
- Has extreme mood swings over short periods of time for little or no understandable reason.