

# How To Create The Ultimate Results

“According to the researchers, these results indicate that in spite of modern, evidence-based treatment, bipolar disorder remains a highly recurrent, predominantly depressive illness.”

<http://www.nimh.nih.gov/science-news/2006/early-findings-from-largest-nimh-funded-research-program-on-bipolar-disorder-begin-to-build-evidence-base-on-best-treatment-options.shtml>

- **Introspection**
- **The Eight Keys To Bipolar IN Order**
- **IN Order vs Dis-Order**
- **Finding Your Most Productive Zone**
- **Tools To Lower Intensity of States**
- **Accounting For Time**
- **Turning Your State To Your Advantage**
- **Planning For Success**

- Means to look within
- Must be done in a healthy way
- Stop beating ourselves up
- Acceptance
- Forgiveness
- Seeing the big picture
- Taking the long view
- Much more

- **Intensity**
- **Awareness**
- **Understanding**
- **Functionality**
- **Comfort of Self**
- **Comfort of Others**
- **Value**
- **Time**

- **'Healthy' Introspection is critical**
- **Developing greater awareness of core values**
- **IN Order means living according to core values**
- **Dis-Order means not living up to them**
- **Understand the influence on internal and external factors**
- **Developing the ability to choose under all circumstances**
- **Dis-Order is not about states, but the inability to choose**

- **Another important form of Introspection**
- **Recognizing the physical, mental, emotional, spiritual, social, and career/financial**
- **Inside Comfort Zone**
- **Slightly Outside Comfort Zone**
- **Way Outside Comfort Zone**
- **Knowing when to take what action**
- **Best time for progress is slightly outside comfort zone**
- **Applies to everything, not just mania and depression**



- **Physical Tools**
- **Mental Tools**
- **Ingestible Tools**
- **Social Tools**
- **Spiritual Tools**
- **Free vs Cost vs Extreme**
- **Perfecting Tools**
- **Knowing when to use which tools**



- **Ties together the eight key elements**
- **Learning to recognize the moment you cross the line from inside to slightly outside**
- **Predicting how much time you have**
- **Giving enough time for high cost/high effective tools**
- **Time to develop skills with free tools**
- **Time to focus on awareness and IN Order behaviors**

- **Easier to see advantages in past episodes**
- **Much harder to see in real time**
- **Advantages in hypo-mania**
- **Advantages in mania**
- **Advantages in hypo-depression**
- **Advantages in depression**
- **Equanimity**

- **Realistic Short-Term Goals**
- **No-Limits Long-Term Goals**
- **Real Progress takes time in any field**
- **Coaching by someone who has actually achieved results**
- **Community of support that is on the same journey**
- **Regular return to basics with new insights**

- **Not a quick fix**
- **Immediate excitement and vision of a better future**
- **Six Months To Start Fully Grasping Concepts**
- **Our Success Stories Took At Least Two Years**
- **Dramatically Reduce Being Overwhelmed By Mania And Depression**
- **Reduced Dependence On Invasive Tools With Negative Side Effects**
- **A Life That Works DURING Episodes**
- **Relationships That Work**
- **A More Fulfilling Life**