

## Introspection Chart and Instructions

Pick a time that you can sit down for two minutes every day and read the list of questions. Doing this at a consistent time everyday will build a habit, so you are less likely to miss the Introspection exercise.

This chart is one of the most important elements of the Bipolar IN Order program. It will help you master your condition.

Go through each question and answer Yes or No. (no guilt, no judgement, no obsessing)

### Thoughts:

1. Was I aware of the physical, emotional and spiritual aspects of my state throughout the day?
2. Was I aware of the social and career/financial aspects of my state today?
3. Did I notice the line between my Comfort Zone and just outside of it?
4. Did I notice the effect I have on others?
5. Did I notice the mental aspect of my state today?

### Actions:

1. Did I take responsibility for my actions today?
2. Did I try to make others comfortable?
3. Was I able to separate my mood state from my behavior?
4. Did I practice being in the state instead of just lowering the intensity of it?
5. Did I do anything meaningful today?

### Spiritual Practice:

1. Did I accept my flaws while resolving to become a better person?
2. Did I forgive myself and others for not always living up to the best we can be?
3. Did I practice prayer or meditation today?
4. Did I look for the value in the state I was in today?
5. Did I seek a deeper understanding of my condition?