

Travel Guide for Bipolar and Depression

Use this travel guide to develop a plan that will help you respond to your state appropriately DURING your travel journey. Make sure to fill this guide way ahead of your trip so you have some time to reflect about the concepts presented and how to implement them when the time comes.

Make Time to Identify Your State and Its Intensity

What will I do DURING my trip to make sure I am fully aware of my state? For example, journal, do the *introspection exercises*, consult with bipolar IN Order coach, consult with a therapist or doctor, etc, etc...

Is The State Interfering With My Ability To Function?

If after checking in with yourself about your state you notice that the state is interfering with your ability to function answer the following question. What will I do DURING travel to lower the intensity of my state and get back *inside my comfort zone*? Think of the list you developed during the **Tools To Lower The Intensity of State** course. Tools must be 100% effective and reliable.

Implement your state specific Accounting For Time Plan

After you decide that your state is in fact interfering with your ability to function in this trip, it is time to take action and implement the Accounting For Time plan as taught in the Bipolar IN Order course. Write it out and have it ready for when the time comes.