

The good things about being manic	The bad things about being manic
Feeling good	Tiredness
Sense of bliss	Anger
Joy/excitement	Creating embarrassment for others
Not noticing the 'bad'	Putting self in danger
Not feeling depressed	Rapid speech
Acting on impulse	Impulsiveness
Feeling liberated from responsibility	Inappropriate behaviours
Improved self confidence	People can't understand
Increased bravery	Spending on bright things
Not having inhibitions	Immorality
Not having boundaries	Lack of boundaries
Achieving things	Debt
Having ideas/being creative	Butterfly mind
Wonderful sensations e.g. touch of skin	Irritated with 'slow' people
Empathy	Concern from others
Make others' lives richer	Consequences to others