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Q&A Forum - Review

Another Question About Bipolar

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Fellow Q&Aers,

The questions have been running low lately and today's first question is a doozy (but it is a genuine question submitted from our website). Since it is so ambiguous, I thought I would write an equally ambiguous answer for your amusement and then, to add a more serious note, to answer another question as well. The second question I chose to edit a bit but have preserved the original intent.

A special thanks to Patty, Nancy and Anne who have provided the bonuses I chose for today's questions.

There is only one question in the hopper at this point so it would be a good time to send in one and have it answered before Thanksgiving. Peace, John

Q: Where do people run to, when they have no where to go?

A: When people have no where to run to, they make haste to that place where they can clearly hear the sound of one hand clapping.

Q2: I have a question about the definition of bi-polar. I recently learned a little about it. I asked my counselor a question pertaining to the symptoms this past Thursday. I just want to know WHY is it NOT possible for a person with bipolar illness NOT to have ALL of the signs you just described? Why would the lack of hypomania or possessing it at a lower level, not be possible? Does this unequivocally "disqualify" a person from being considered bipolar?? Why?Why? Why? (That's me!!). Thank you ALL for the help you and your agency have given me!!

A: The double negatives make this question a bit tricky. The simplest answer is that a person with bipolar disorder has different symptoms at different times depending upon a lot of factors, including personal biochemistry, life events, levels of medication (if they are in treatment), cognitive functioning and their interpretation of life events. If a person did not have hypomania or mania or a history of it, they would probably be diagnosed with a depressive disorder if they had symptoms. If a person has mood swings out of the range of normal but not severe enough to be diagnosed as bipolar, they may be diagnosed as cyclothymia, a diagnosis that is not in much vogue these days as far as I can tell. Diagnosis is usually based upon a clinician's interview, the truthfulness of the interviewee and the understanding, skill & experience the clinician brings to the process. It is, at best, a dynamic process that often changes during the process of treatment. I thank you for your question and wish you peace. John

Quote: "Children are not things to be molded...but persons to be unfolded"
... unknown

Bonus 1: An Everyday Survival Kit:

Toothpick, Rubber band, Band aid, Pencil, Eraser, Chewing gum, Mint, Candy Kiss, Tea Bag. Here's why:

- Toothpick - to remind you to pick out the good qualities in others...Matt 7:1
- Rubber band - to remind you to be flexible, things might not always go the way you want, but it will work out...Romans 8:28
- Band Aid - to remind you to heal hurt feelings, yours or someone else's...Col. 3:12-14
- Pencil - to remind you to list your blessings everyday...Eph1:3
- Eraser - to remind you that everyone makes mistakes, and it's okay...Gen. 50:15-21
- Chewing gum - to remind you to stick with it and you can accomplish anything ...Phil 4:13
- Mint - to remind you that you are worth a mint to your heavenly father...John 3:16-17
- Candy Kiss - to remind you that everyone needs a kiss or a hug everyday...1 John 4:7
- Tea Bag - to remind you to relax daily and go over that list of God's blessings...1 Thess 5:18

Bonus 2:

A newly discovered chapter in the Book of Genesis has provided the answer to "Where do pets come from?"

Eve said, "Lord, when I was in the garden, you walked with me everyday. Now I do not see you anymore. I am lonesome here and it is difficult for me to remember how much you love me."

And God said, "No problem! I will create a companion for you that will be with you forever and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourself."

And God created a new animal to be a companion for Eve. And it was a good animal. And God was pleased. And the new animal was pleased to be with Eve and he wagged his tail. And Eve said, "Lord, I have already named all the animals in the Kingdom and I cannot think of a name for this new animal."

And God said, "No problem! Because I have created this new animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him DOG."

And Dog lived with Eve and was a companion to her and loved her. And Eve was comforted. And God was pleased. And Dog was content and wagged his tail.

After a while, it came to pass that Eve's guardian angel came to the Lord and said, "Lord, Eve has become filled with pride. She struts and preens like a peacock and she believes she is worthy of adoration. Dog has indeed taught her that she is loved, but perhaps too well."

And the Lord said, "No problem! I will create for her a companion who will be with her forever and who will see her as she is. The companion will remind her of her limitations, so she will know that she is not always worthy of adoration."

And God created CAT to be a companion to Eve. And Cat would not obey Eve. And when Eve gazed into Cat's eyes, she was reminded that she was not the Supreme Being.

And Eve learned humility.

And God was pleased.

And Eve was greatly improved.

And Dog was happy.

And the Cat didn't give a crap one way or the other!

Bonus 3:

*A*lthough things are not perfect

*B*ecause of trial or pain

*C*ontinue in thanksgiving

*D*o not begin to blame

*E*ven when the times are hard

*F*ierce winds are bound to blow

*G*od is forever able

*H*old on to what you know

*I*magine life without His love

*J*oy would cease to be

Keept thanking Him for all the things
Love imparts to thee
Move out of "Camp Complaining"
No weapon that is known
On earth can yield the power
Praise can do alone
Quit looking at the future
Redeem the time at hand
Start every day with worship
To "thank" is a command
Until we see Him coming
Victorious in the sky
We'll run the race with gratitude
Xalting God most high
Yes, there'll be good times, yes some will be bad, but
Zion waits in glory ... where none are ever sad!

"I am, too blessed, to be stressed!" The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord ... can stand up to anything. I wish love and peace for you forever, Amen.

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We wish you peace in who you are and in all that you do!

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