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here. Lunch is in half an hour.

It's been glorious weather.

I can't think of anything else to write. Maybe I'll read for a while.

Friday, Aug. 20, 1993

I'm out on my weekend pass! I'm staying at Fairview tonight (it's strange but nice to be back at this place) then tomorrow Jan & I are going to the beach. Then I'll spend Sat. night at my mother's and go back to the hospital Sun. evening. Monday morning I'll be discharged!!! I'm so happy to finally be happy! Goodbye, depression, for a good long time I hope.

I've started reading "A Brilliant Madness - Living With Manic-Depressive Illness" by the actress Patty Duke. Every other chapter is written by Gloria Hochman, a medical writer, & contains tonnes of info. on the

illness. Tonight, ~~in~~ in my room, I've flipped through my last couple of diaries, and in my opinion, I have bipolar disorder; not unipolar. I am manic-depressive. My manic episodes are short-lasting and "hypo" rather than "classic". As I described in the first entry in this diary:

"These episodes of super energy & confidence & creative impulses are short-lived.... I rarely actually carry out any of the more outrageous things I plan during my "rush" because it's all over so soon, like a rollercoaster creeping up that hill & pausing one glorious moment at the peak before crashing down."

Other symptoms I've had fit in perfectly with what this book on the subject describes. My anxiety attacks, heart palpitations, & upset stomach (see Dec. 19, 1992 entry) are also symptoms of manic-depression!



\* Other forms of "self-medication" are common, too — e.g. my tendency to take 20 or 25 Gravol in order to calm myself down; and of course, my brief fling as a heroin-user.

Also, this disorder tends to be passed through the mother's line. Patients often have family histories with bipolar relatives on the mother's side, & alcoholism is common too.

My mother's mother ~~and~~ B and her uncle (B's brother) J very likely had/have manic-depression. J was diagnosed; B committed suicide before she could be diagnosed or helped, but the stories I've heard about her fit the disorder well. She had violent, almost psychotic outbursts, between which she would be very low and unhappy. She drank heavily (this too is typical). \*

That night I took to the street & got into the cars of strange men, & spent the night ~~at~~ at a man's apartment, was without question a manic episode. That was totally unlike me, to have such poor judgement & be so

\* I know that I didn't spend more than \$300 on heroin.

I bold + flirtatious.

And in the last 2 months, before I was hospitalized, I somehow blew \$2000.00. I bought a lot of clothes, & ate out a lot. I don't know how I spent it all exactly. \*

Spending sprees are common in mania. I think I had a depressive episode peppered with manic moments. This recent episode of mixed-up highs & lows was my worst experience ever. I'm surprised I'm still alive. The number of times I've tried to kill myself, it's amazing I'm still here. I must have a guardian angel.

I'm going to sleep now.

Sat, Aug 21, 1993

5:02 AM

I must be a tad manic right now because I woke up half an hour ago feeling completely rested after 4 hours sleep. I read some of my entries from May & June to see if reading about being depressed