

# **PSYCHODYNAMICS OF BIPOLAR DISORDER: AN ADLERIAN PERSPECTIVE (2 of 2)**

## **5. Cognitive Styles**

- (a) Sharpeners-E.g. "I am different from the rest"
- (b) High internal locus of control (exaggerated sense of self-power & self-failure)

## **6. Excitement**

- In thinking about success

## **7. Extremist Ways of Thinking**

- In extreme black or white - all or nothing terms/ deficit of balanced thinking

## **8. Inept Feelings and the Desire to Impress**

- "I want to be the best in the world" - BUT....
- Anger/ frustration/blame at unachieved goal (depressive symptoms and low self-esteem)
- Cyclical pattern emerges