

# The Bipolar Relationship

"People with bipolar disorder do better when they have support from family members and friends. Those whose loved ones are involved and supportive tend to recover more quickly, experience fewer manic and depressive episodes, and have milder symptoms."

—helpguide.org

# The Bipolar Relationship

How to understand,  
help, and love  
your partner



JON P. BLOCH, PHD

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Bipolar is a condition that affects peoples' relationships with others as much as it affects their own mental state. When one person in a couple is experiencing the extreme highs and lows of a disorder like this one, it's impossible for their partner not to feel the strain too. Reassuring yet realistic, Dr. Bloch, Dr. Golden, and Nancy Rosenfeld explain what's normal, what's not, what might change, and what definitely won't. They provide information and advice on typical troubling relationship topics, such as: Communication Trust and loyalty Family planning Finances Sex Maintaining a sense of self By understanding the reality of bipolar and what it means for a relationship, couples will relate to each other better today and plan for a successful future together tomorrow.

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