

# Lasting Marriage with Bipolar Disorder

Like most individuals, those with bipolar disorder have great character but at times they may present undesirable qualities. Living day-to-day with bipolar disorder can come with many different challenges. One day an individual may feel on top of the world and engage in risky impulsive behaviors. The next, they may feel saddened and extremely demotivated. If an individual does not reach out for additional support and surrender to a professional treatment plan every aspect of their life that has been affected can bleed right into their marriage. This puts a couple at risk of facing the dreadful door of divorce.

As stated in the *MDPI*, the United States [divorce and separation rates](#) are found to be two to three times more likely among individuals diagnosed with bipolar disorder than among the general population. If the couple learns to recognize the signs, discusses the challenges, and accepts support from professionals, a successful marriage can be achieved.

## Bipolar Disorder Overview

According to The U.S. Department of Health and Human Services, [bipolar disorder](#) is a serious mental health illness. The condition can cause an extreme cycle of mood swings with normal moods in between. An individual may experience frequent manic episodes that could be characterized by high energy, excitement, and an overload of euphoria where the mind just cannot slow down. When feeling low the individual may experience hopelessness and depression. The causes of bipolar disorder are not clear. A few risk factors such as genetics, abnormal brain structures, and a chemical imbalance in the brain may play a role.

## Recognizing the signs

As stated by the National Institute of Mental Health, the onset of bipolar disorder happens in an individual's teen years to early adulthood. [Symptoms](#) may even be present in children. Once diagnosed, the condition typically requires professional treatment for a person's entire livelihood. Everyone's experience with the condition varies.

### Symptoms may include:

- Employment issues
- Relationship problems with family or friends
- Self-medicating with illicit drugs, prescription medications, and consuming alcoholic beverages
- Unhealthy eating habits
- Weight gain
- Spending sprees
- Multiple partners

- Anger and Irritability
- Grandiosity
- Destruction of property
- Suicide, suicidal thoughts, and or attempts

## Challenges in One's Marriage

Staying committed to a marriage with a spouse with a bipolar disorder diagnosis can be emotionally challenging. If the individual does not seek professional treatment before marital commitment, these symptoms roll over into the individual's marriage morphing into further damage. Depending on the severity of the individual's mental health condition, the couple and or family may experience several hardships.

This may include; financial burdens, marital fights due to cheating behaviors, domestic violence, control, abrupt abandonment after disputes, problems with law enforcement, broken relationships with children, disconnection, and potential grief for the spouse from suicide. When the individual with bipolar disorder experiences depressive episodes the spouse may put themselves to blame if the condition is left undiagnosed and misunderstood.

If divorce occurs, the individual with bipolar disorder may experience worsened mental health effects. A few include; extreme lows and excess stress from child custody battles, loneliness, financial hardship, and even strained holidays.

## Coping Mechanisms

There are challenges that every marriage has to concur but especially more for a couple facing problems with their mental health as well. Learning new strategies to cope and provide support in a marriage can be highly beneficial. It is imperative to take new steps to effectively manage the mania that could potentially damage the quality of one's relationship. This can greatly improve the odds of having a lasting marriage. Remember to separate the illness from the person.

Tips for a lasting marriage may include:

- **Communicate effectively**- Talk about the behaviors that affect the marriage and develop a plan when there is a flair-up.
- **Gather resources together**- Seek professional support
- **Take time to enjoy each other**- Appreciation
- **Practice self-care**- Manage stress
- **Take deep breaths**- Try to stay calm
- **Recognize the triggers**- Stay prepared
- **Take time away as needed**- Relieve tension

# Support for a Successful Marriage

When bipolar disorder goes left undiagnosed and untreated, the individual's marriage is at risk for failure. Seeking help from family and friends, professionals, and supporting one another in a marriage can be a great foundation for a healthy relationship.

Researching [mental health treatment](#) can be a positive start. Taking time to speak with a psychiatrist to understand the severity of the individual's diagnosis can open up opportunities to further care. Setting up sessions with a therapist to discuss an effective therapy approach and treatment plan can be a healthy decision to provide emotional relief. Individual therapy or couples counseling can increase the chances of achieving a long-lasting marriage. Taking medications in addition to putting helpful strategies in action outside of professional treatment can be a wise complementary alternative.

Finding a financial advisor can help keep spending habits in check. This works to prevent a significant amount of debt and hardship in the marriage. Choosing to stay abstinent from drugs or alcohol, finding sober activities to do together, staying active, and eating healthy can improve a couple's quality of life as a whole.

## CTA

**Living day-to-day with bipolar disorder can come with many different challenges. When the condition is left untreated, the individual's marriage is at risk for failure. As a licensed and Joint Commission Accredited Mental Health Treatment Center, Company Name is a leader in Orange County mental health treatment. For many individual's, therapy with a licensed therapist is a crucial component in successfully addressing addiction and mental health issues. Our team of mental healthcare professionals can help develop a treatment plan that best suits your condition to help you and your loved one achieve lasting results. Call Company Name at [\(XXX\) XXX-XXXX](#) to learn more information and get started today!**

## Meta Title:

Lasting Marriage with Bipolar Disorder

## Meta Description:

Marriage takes work, especially with a spouse facing mental health challenges. Professional treatment can help! Call Company Name at (XXX) XXX-XXXX.

## Focus Keyphrase:

Marriage

## Image

