

GENIUS GONE AWRY
Part I
Bipolar Disorder
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Introduction

- A. If you like geniuses of History in various fields (Literature, Science, Art, Music, Bible and Theology—Martin Luther, John Calvin, John Bunyan) then you will enjoy today.
- B. If you wonder what a genius gone awry looked like whether Alcoholism, Schizophrenia, Bipolar Disorder, OCD, Major Depressive Disorder then you will enjoy this series.
- C. If you wonder what we could have done if we could have only stepped back in history—what we can do today, then you will enjoy today.
- D. Not all geniuses had emotional issues. Consider the overall apparent stability of:

- 1. Homer
- 2. Leonardo de Vinci
- 3. Shakespeare
- 4. Chopin
- 5. Einstein

Bible

- Daniel
- John the Baptist
- The Apostle Paul
- David
- King Saul
- Nebuchadnezzar
- Nation of Israel

- E. Rhetorical questions for your consideration.
But many walk a fine line.
Do you?
Does someone you know?
- F. What is genius?

I. Bipolar Disorder—The most gifted, highest IQ, but bent on destruction it seems.

A. Examples

1. Sir Winston Churchill—20th Century—Literature

- a. Who said,
“I felt as if I were walking with destiny and that all my past life had been but a preparation for this hour and for this trial.”
- b. Nobel Prize in 1953 in Literature
- c. 1940—Prime Minister of Great Britain
With these words:
“I have nothing to offer but blood, toil, tears, and sweat.”
- d. Enormous energy—could do what few could do.
In spare time:
 - 1.) 4 Volumes—“World Crisis” Hx WWI
 - 2.) 6 Volume study of his ancestors
 - 3.) Energy to fight against all odds
Antony Storr in *The Human Mind* said,
“In 1940, when all the odds were against Britain, a leader of sober judgment might well have concluded that we were finished.”
- e. Humor—In 1922 had to have appendix removed, lost election and said:
“Without office, without a seat, with a party, and without an appendix.”
- f. Gifted in several areas—oratory, literature, painting (Royal Academy of Arts)
- g. Brilliant oratory—could reach for those words

With Britain standing alone and German invasion seeming almost certain—He said:

“Let us therefore brace ourselves to our duties and so bear ourselves that if the British Empire and its Commonwealth last for a thousand years, men will say ‘This was their finest hour.’”

Another time said—

“If you will not fight when victory is all but assured there may come a time when you have to fight with no hope of victory.”

Such striking, inspiring oratory but fine line between genius and trouble—disdain for clothing at times as bipolars often have.

2. Charles Dickens—19th Century—Literature
 - a. One of the most popular written of all times
 - b. Works include
 - *A Tale of Two Cities*—This famous opening line, “It was the best of times, it was the worst of times.”
 - *A Christmas Carol*
 - *Great Expectations*
 - *Oliver Twist*
 - *David Copperfield, Hard Times, Pickwick Papers*
 - c. Had unusual physical and mental energy—then sad times
 - d. Works broke sales records of all times
 - e. Great creativity, as bipolars do, with characters in his books
Scrooge of *A Christmas Carol*
Pip and Uriah Heep of *David Copperfield*
 - f. Increased sex drive – 10 children
as bipolars often do
 - g. Enjoyed drama
actor at times
dramatic readings
 - h. Like numerous charities
Increased spending as bipolar
 - i. Physical energy
30 mile stroll into the country

3. Van Gogh—19th Century—Art
 - a. Dutch post-impressionist
 - b. Works
Starry Night
Sunflowers
The Night Café
 - c. Able to think in new ways

- d. Fits of rage
Cut off ear
 - e. Suicide—15-25%
Van Gogh died of suicide
4. Wolfgang Amadeus Mozart (1756-1791)—18th Century—
Austria—Classical Music
- a. Considered one of the greatest, if not the greatest,
composer of all time.
 - b. Works
The Marriage of Figaro
Don Giovanni
Jupiter Symphony
A Little Night Music
 - c. Gifted at an early age (as many bipolars are)
Played harpsichord—age 4
Composing music—age 5; first symphony at age 7
Played for Austrian empress in Vienna—age 6
 - d. Died young as sometimes bipolars do—35%

But 600 works: Operas
 Sonatas
 Symphonies
 Church music
 - e. Bipolars have increased thoughts and we gain a glimpse
into Mozart's when he said...

“...during the night, when I cannot sleep...my ideas flow
best and most abundantly.”
5. Ludwig Beethoven (1770-1827)—18th Century—Germany
- a. Also considered one of the greatest composers of all time.
 - b. Works were done with immaculate precision—

Moonlight Sonatas
Pastoral or 6th Symphony
Choral or 9th Symphony
Concerto—Emperor

Opera—*Fidelio*

- c. Bipolars are difficult to live with.
Beethoven said of himself:

“Born with a fiery temperament...I was soon compelled to withdraw...to live my life alone.”

- d. In bipolars—times of great creativity followed by dark moods or low followed by high.

Beethoven’s music illustrates a grim struggle preceding joy at the end.

- 6. Others—Time does not permit to talk about other famous bipolars:
Virginia Woolf of *To the Lighthouse*
Robert Schumann of *Carnival*
Vivien Leigh of *Gone with the Wind* by Margaret Mitchell
Patty Duke, actress
John Calvin

Bipolars usually have stress that brings out the genetic predisposition. Beethoven had his most productive years (1800-1815) while he was going deaf.

B. What did they look like?

- 1. recurring and alternative periods of depression and elation (mood swings)
- 2. periods of elation
- 3. ambition
- 4. warmth
- 5. enthusiasm
- 6. optimism
- 7. increased energy
- 8. increased speech (talkativeness)
- 9. increased motor activity (overactive)
- 10. flights of ideas (physical, mental race from one topic to another)
- 11. poor judgment
- 12. irritability
- 13. likeable
- 14. contagious humor
- 15. quick anger
- 16. grandiose
- 17. difficulty falling asleep
- 18. tendency to blame others
- 19. exploits vulnerability of others

20. supremely self confident
21. disinhibition
22. starts things they cannot finish
23. unable to keep mind on a continuous train of thought
24. family Hx—relatives 20%
25. successful
26. impulsive
27. refuses to acknowledge illness

C. A Test for Possible Bipolar Issues—True or False—10 Questions

1. I have distinct periods of alternating mood, going from feeling high to feeling low.
2. I have times of rage.
3. I have times of being too confident—grandiose.
4. I have times of decreased need for sleep.
5. I have times of increased speech.
6. My mind races at times.
7. I am distractible.
8. At times I can do a great amount of work.
9. I have an increased sex drive.
10. When I have felt high I have either spent too much money or acted out sexually.

D. What can we do for Bipolar Disorders?

1. Psychotherapy—Don't do it; rather, be careful early on. High anger, high denial.
2. Psychosocial
 - Get them in the hospital when breaking.
 - Keep them on their medication.
 - Gentle guidance.
 - Support systems—Bipolars Anonymous

3. Psychopharmacology (Bipolar)

What can we do for Bipolar Disorder?

What could we have done for geniuses gone awry in the past?

Medications:

Lithium Carbonate—Secondary Neurotransmitters

Neuroleptics—D₂ Blockers

Traditional Neuroleptics:

Thorazine
Haldol
Stelazine
Navane
Moban
Prolixin

Atypical Neuroleptics:

Closaril—1989
Restoril—1994
Zyprexa—1996
Seroquel—1998
Geodon—2000
Abilify—2002

Anticonvulsants—Slow Na into cell

Lamictal (lamotrigine)
Depakote (valproic acid)
Equetro (carbamazepine)
Trileptal (oxycabazepine)
Topamax (topiramate)
Zonegran (zonisamid)

E. Diagnosis of bipolar disorder based on:

1. Symptoms
2. Functioning
3. MRI scans bright spots

F. Conclusion: Who said—

“We must fight while victory is all but assured.”

I would let those words of a famous bipolar be our marching orders as we try to help bipolars today.

Resources

- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso Texas
1-888-789-HOPE (4673)
- For all radio program outlines go to www.mcphope.com
- Minirth Clinic – for outpatient care and retreats
972-669-1733 or 1-888-MINIRTH (646-4784)
www.minirthclinic.com
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Hearts of Love International Ministry (for pastors)
www.hearts-of-love-international-ministry.org