Kierkegaard labeled some of his writings ‘psychological’, including *The Sickness unto Death*. Focusing on this text primarily, I show how he investigates the phenomenology or felt experience of states on the cyclothymic spectrum – such as, most notably, manic and depressive conditions. Illuminating these with almost clinical precision, Kierkegaard makes a rich contribution to the moral psychology of possibility. He once called himself ‘a kind of poet’, but I show that he could rightly also be named a kind of psychiatrist.