

Says

What have we heard them say?
What can we imagine them saying?

Thinks

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?



I want to have less fights with my wife i can do this.I am motivated.

I want to do
this,but I can't do
this alone I have
to set my limits I
have to get
started.

I have to set my limits I have to get started.

Responsibility not able to change things ability to cope with the situation.

I can not do this help.

Surely there has to be another way.



Persona's name

DOCTORS.

Don't dare to say no workaholic make an inventory only drink water,don't drink fast food anymore.

Avoidance behavior complain count calories.

Drafts plans for changes to working.

Loneliness responsible down unattractive.

Frustrated insecure.

It provides great featurel at an affordable price.



Does

What behavior have we observed? What can we imagine them doing?



See an example

Feels



