



University Of Baltistan, Skardu

Schizophrenia

1. What is hearing voices?

2. How different from normal thoughts?

3. Why do I feel watched?

4. What makes thoughts jumbled?

5. Why hard to focus?

6. How does it change emotions?

7. Why lose interest in things?

8. What causes false beliefs?

9. Why body feels stiff?

10. How affects daily talk?

11. Why avoid people sometimes?

12. What triggers bad episodes?

13. Why noise confuses me?

14. How weather changes mind?

15. What makes dark scary?

16. Why crowds overwhelm?

17. How mess adds chaos?

18. What causes winter lows?

19. Why nature calms thoughts?

20. How light helps focus?

21. Why family stress worsens?

22. How parents' care affects?

23. What if siblings doubt?

24. Why hide symptoms?

25. How family supports?

26. What pressure triggers?

27. Why events feel hard?

28. How alone changes thoughts?

29. What if deny illness?

30. How talk helps family?

31. Why culture sees as spirit?

32. How traditions explain?

33. What myths exist?

34. Why community fears?

35. How faith aids?

36. What roles for men?

37. Why taboo at home?

38. How culture helps treatment?

39. What if curse belief?

40. How values support?

41. Why thoughts race?

42. How calm voices?

43. What foods help brain?

44. Why exercise clears mind?

45. How music soothes?

46. What simple routines?

47. Why note thoughts?

48. How sleep steadies?

49. What apps remind meds?

50. Why healthy eats?

51. How explain to friends?

52. What early signs?

53. Why symptoms vary?

54. How work with it?

55. What if no motivation?

56. Why episodes return?

57. How pets comfort?

58. What books teach?

59. Why walks help?

60. How spot in youth?

61. What causes in women?

62. How age impacts?

63. Why nights worse?

64. What home tips?

65. How build trust?

66. Why meds matter?

67. What if side effects?

68. How relax?

69. Why avoid drugs?

70. What activities focus?

71. How sun benefits?

72. Why quiet helps?

73. What scents relax?

74. How set small goals?

75. Why routine key?

Suggestions:
