



## University Of Baltistan, Skardu

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### **Schizophrenia**

1. What is hearing voices?

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2. How different from normal thoughts?

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3. Why do I feel watched?

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4. What makes thoughts jumbled?

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5. Why hard to focus?

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6. How does it change emotions?

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7. Why lose interest in things?

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8. What causes false beliefs?

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9. Why body feels stiff?

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10. How affects daily talk?

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11. Why avoid people sometimes?

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12. What triggers bad episodes?

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13. Why noise confuses me?

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14. How weather changes mind?

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15. What makes dark scary?

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16. Why crowds overwhelm?

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17. How mess adds chaos?

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18. What causes winter lows?

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19. Why nature calms thoughts?

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20. How light helps focus?

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21. Why family stress worsens?

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22. How parents' care affects?

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23. What if siblings doubt?

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24. Why hide symptoms?

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25. How family supports?

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26. What pressure triggers?

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27. Why events feel hard?

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28. How alone changes thoughts?

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29. What if deny illness?

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30. How talk helps family?

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31. Why culture sees as spirit?

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32. How traditions explain?

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33. What myths exist?

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34. Why community fears?

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35. How faith aids?

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36. What roles for men?

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37. Why taboo at home?

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38. How culture helps treatment?

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39. What if curse belief?

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40. How values support?

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41. Why thoughts race?

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42. How calm voices?

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43. What foods help brain?

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44. Why exercise clears mind?

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45. How music soothes?

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46. What simple routines?

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47. Why note thoughts?

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48. How sleep steadies?

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49. What apps remind meds?

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50. Why healthy eats?

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51. How explain to friends?

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52. What early signs?

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53. Why symptoms vary?

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54. How work with it?

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55. What if no motivation?

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56. Why episodes return?

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57. How pets comfort?

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58. What books teach?

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59. Why walks help?

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60. How spot in youth?

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61. What causes in women?

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62. How age impacts?

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63. Why nights worse?

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64. What home tips?

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65. How build trust?

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66. Why meds matter?

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67. What if side effects?

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68. How relax?

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69. Why avoid drugs?

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70. What activities focus?

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71. How sun benefits?

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72. Why quiet helps?

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73. What scents relax?

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74. How set small goals?

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75. Why routine key?

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**Suggestions:**

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