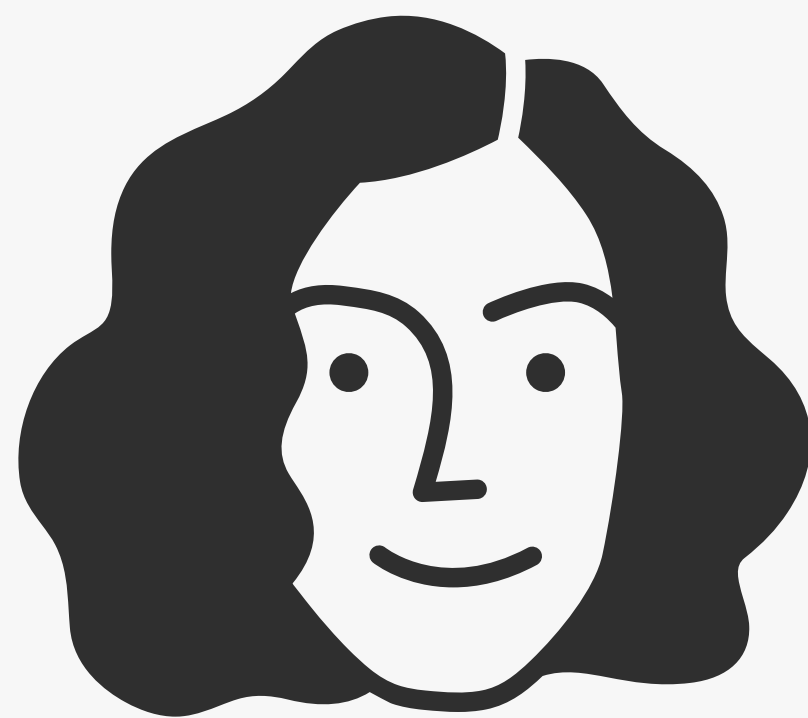




**Says**  
What have we heard them say?  
What can we imagine them saying?



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



**Persona's name**  
Short summary of the persona

I would like to answer something which means that "okai I can imagine" meaning okai I can understand what you are feeling now.

This is used to talk of an object which is near you, or an idea which you introduce

You need imagination in order to *imagine* a future that doesn't exist. · Imagination is the beginning of creation

The pursuit of a goal can give your life purpose, energy, hope, and excitement, but it can also bring anxiety, insecurity, and overwhelm.

A want is *placing certain personal criteria as to how that need must be fulfilled*. Therefore, when we are hungry, we often have a specific food item in mind.

In conclusion, *thoughts influence attitudes*, which in turn influence behaviours

Our mind is treated to *imagine* things from childhood by telling stories, showing shapes, showing different objects etc

Behavioral observation is *the systematic recording of behavior by an external observer*

Daydream. Daydreaming is a process that helps form connections and recall information

Our hormones and neurotransmitters such as dopamine and serotonin can influence our emotions

Frustration, such as easily frustrated, short-tempered, and easily annoyed is a common symptom of anxiety disorder.

Anxiety and anger are closely *linked emotions* that trigger some of the same hormones in our body. We'll discuss the connection.



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



**Feels**  
What are their fears, frustrations, and anxieties? What other feelings might influence their behavior?