

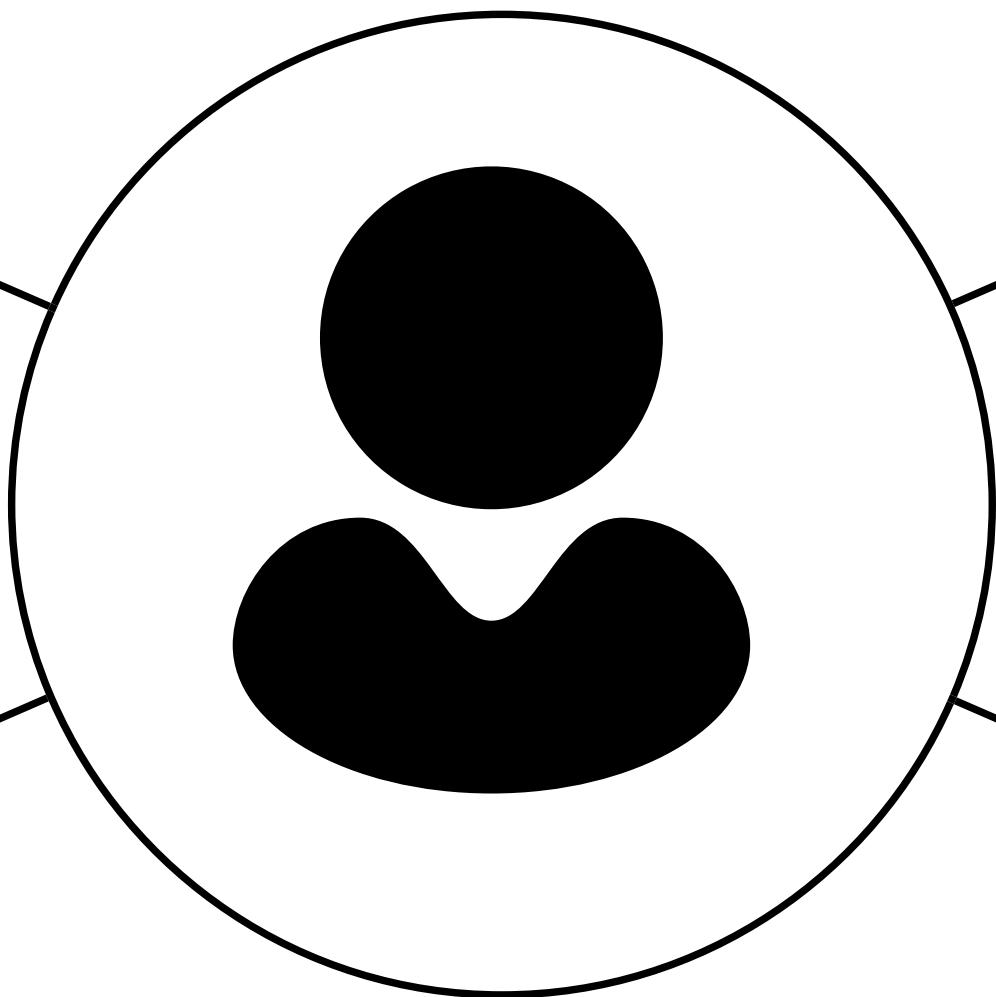
Feel so depressed

Why should i suffer a lot

It is so painful

*What do they*  
**THINK AND FEEL?**

what really counts  
major preoccupations  
worries & aspirations



Did you consult the doctor

Do you have any other symptoms

whether taking your medicines regularly

I am surrounded by negativity

My life is full of medicines

Myself is a burden to the environment

*What do they*  
**SEE?**

environment  
friends  
what the market offers

*What do they*  
**HEAR?**

what friends say  
what boss say  
what influencers say

*What do they*  
**SAY AND DO?**

attitude in public  
appearance  
behavior towards others

Very rude

Introverted

They feel so anxious

**PAIN**

fears  
frustrations  
obstacles

Depression

Fear

Central pain

**GAIN**

"wants" / needs  
measures of success  
obstacles

I want a peaceful life

Happiness

Best treatment to come out of this disease