

sadness
anger
Fear
scattered



Limit Fats

irritable
psychological issues

What do they THINK AND FEEL?

what really counts
major preoccupations
worries & aspirations



What do they SEE?

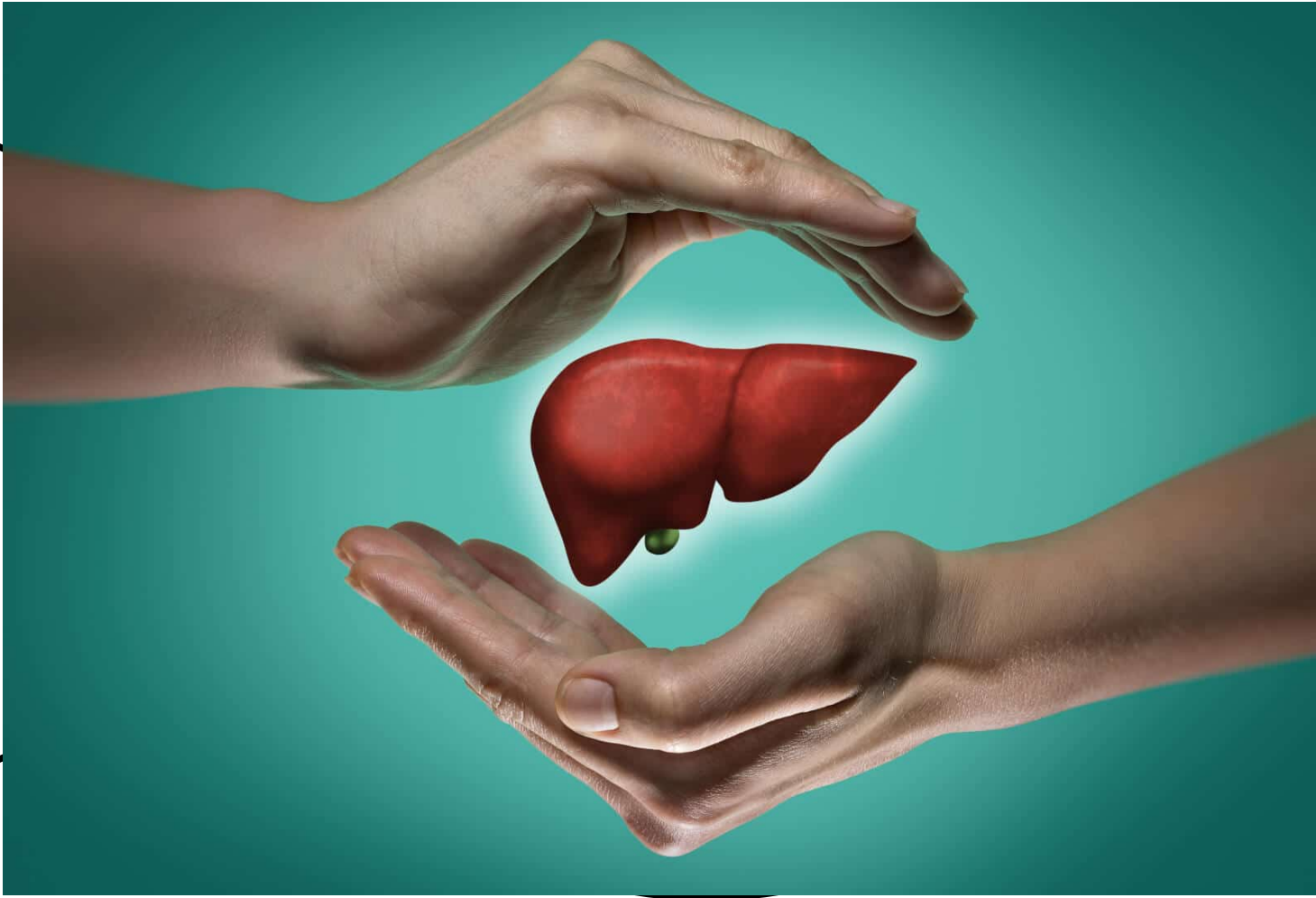
environment
friends
what the market offers

What do they HEAR?

what friends say
what boss say
what influencers say



Don't drink alcohol



Medications to control hepatitis
lifestyle modifications



Weight loss

effect of marital status
Effect of education
low socio-economic status

What do they SAY AND DO?

attitude in public
appearance
behavior towards others



PAIN

fears
frustrations
obstacles

swelling in legs
Redness in the palms of your hands
red spots on your skin

GAIN

"wants" / needs
measures of success
obstacles

back to their daily activities