

FEEL

Loneliness
Responsible
Down
Unattractive

Frustrated
Insecure

SAY

I want to have less fights
with my wife
I can do this!
I'm motivated!
Can you help me?

I want to do this, but I can't
do this alone
I have to set my limits
I have to get started



Responsibility
Not able to change things
Ability to cope with the situation

I can't do this!
Help!

THINK

Don't dare to say no
Workaholic
Make an inventory
Only drink water, don't drink fast
food anymore

Avoidance behavior
Complain
Count calories

DO

PAINS

The ability to add an item
intermediate
The possibility to randomize items
Add an introduction about the use
and goal of PsyMate™

The possibility to silence the beep
questionnaire for a certain time span
The possibility to add personal items

GAINS

Create insight
Become aware
Applicable in more domains
Maintain motivation in between
sessions

Self-acting tool
Improve empowerment
Active participation of the patient