Familiar with electronic products

Young(below 28 or 25)and have a willingness to improve their condition

Mental disorder/normal Record of self-awareness ->Secondary analysis of emotions->share (Prevent secondary damage) Patient with mood disorder

Low emotional self-awareness

Highly sensitive to the environment

Government department

Liked to write or used to writing a diary encoions-state (revener accinary samige)

Early warming ridgement of special circumstances

Cognition of emotional mobility (self steryotype)

Cultivate human autonomy (communicate actively and
asting for help)

Criganized schedule (princy)

Provide a reference for individual differences Record emotional charges
Emotional analysis resport
Share
Activity light
Establish a relationship between emotion and events
Soft record (Confess, vent., Strate)
Provide constructive advice based on user characteristics Early Adopters: people who is undergoing psychological counseling, counselors, people who used to writing a diary, people who like to use computers to solve problems Low-self cognition

Secondary damage caused by restatement of negative eversts

Less support from poets

Season

Subtractes abuse (e.g. alcoholing)

The felling of helpless

The difficulty of selling the details of what happened

Lack of records about emotional changes

Accept but not understand

Mismemorize

Individual differences in prevention

The government does not know the details Government funding
Reduce the investment in psychotherapy
Suppress negative emotions into diseases
Improve social productivity
Update
Free in our first Stage
Donate in our second stage Emotional analysis report

Interpersonal support

Physical sharing (e.g. print) Obligation: record

Willing to support emotions

Tool support

Breaking the obsession, ration Provide constructive advice based on user characteristics Emotional analysis report

Record emotional changes

Distribution algorithm (not safe for privacy)

Provide constructive advice based on user charact

Decentralization on, rationalizing the thoughts Collect data and build data sets and models (The premise is that our customer are willing to provide data.)

Let the therapy be a distribution terminal

Physical sharing (e.g. print) Government
Platform for unilateral bursting Recommendation from counseling

Advertise on Facebook, Instagram, Snapchat Individual differences in prevention

The government does not know the details

Individual susceptibility

High government spending

The division of social roles and individuals Soft record (Confess, vent, Stroke)

Susi-A tool for self awareness, therapy supplymentary and help seeking