

adapt: adaptability to change slfwrth: self worth & confidence

create: creativity

drive: drive and motivation stable: stability and calmness

sleepQ: sleep quality

slfctrl: self control & impulsivity

learn: ability to learn motor: coordination

relate: relationships with others resil: emotional resilience plan: planning & organization sexsat: physical intimacy spch: speech & language

mem: memory

cprt: social interactions & cooperation decsn: decision making & risk taking curious: curiosity, interest, & enthusiasm

energy: energy level emot: emotional control focus: focus & concentration apptt: appetite regulation

empath: empathy

sense: sensory sensitivity

slfimg: self-image

optim: outlook & optimism attn: selective attention

rstlss: restlessness & hyperactivity

anx: fear & anxiety

infctn: susceptibility to infections aggres: aggression towards others avoid: avoidance & withdrawl

unthot: unwanted, strange, or obsessive thoughts

mdswng: mood swings

detach: sense of being detached from reality

nghtmr: nightmares addict: addictions

anger: anger & irritability

SI: suicidal thoughts or intentions

pain: experience of pain guilt: guilt & blame hllc: hallucinations

FB: traumatic flashbacks

cmplsv: repeptitive or compulsive actions

sad: feelings of sadness, distress, hopelessness

unhlth: physical health issues brnfog: confusion or slowed thinking