

## Symptoms attributed to Self Diagnosis

- Catatonia. Developed recently, often lasts for 3-5 hours in the middle of the day. If present in morning and I know it isn't particularly bad, can goad myself to move by thinking "Bambi get up, you must get up."
- Excessive fatigue. Present since beginning undergraduate studies. Can move but typically "need" to lie down for 1 hour.
- Isolationism. Removing myself from social settings. Being around others is tiring with no apparent reason. Perhaps just an extreme form of introversion.
- Avoid social interactions. 99% of the time will not initiate a conversation. If discourse is unavoidable or redundant action socially unacceptable responses will be short or in question form to have other person be the one talking.
- Brief periods of invincibility, actions are in hyperspeed. Developed in last 3 months, occurs typically 3 or 4 days a week lasting all day with