



Says

What have we heard them say?
What can we imagine them saying?



Thinks

1 in every 6 people in the world live with a mental disorder

Key facts

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?

Key facts

His Music is so amazing. Whenever I see the infinite right say with this music, the first thing comes into my mind is "Thank you".
Hope that one day we will share in the universe.
Hope that someday we will stop fighting with each other and live with tolerance and respect.
Hope that someday we will know why we were with each other our purpose and place in the great universe.
Hope to have a better thing for humans, have which gives us reasons to live the life we are gifted with.

It is well known in psychology that our thoughts lead to our feelings (emotions), which lead to our behavior. And the other way around.
These disorders develop and after many years of therapy, one can see the first great influence.
No day is free. This is determined by the disorder. Disorder is not always affecting the thoughts, feelings and behavior.
So the point is, if you can observe the thoughts, you can see what is changing your emotions, and as a result, you can see what is changing your behavior. A lot of evidence to change your thinking. Cognitive Behavioral Therapy (CBT) is one of the best.
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Mental disorders involve significant disturbances in thinking, emotional regulation, or behaviour

There are many different types of mental disorders



Persona's name

Short summary of the persona

Key facts
In every 6 people in the world live with a mental disorder. Mental disorders are not just a disease, but a condition. There are many different types of mental disorders. They are not always the same, and they can be treated. Some people have a mental disorder, and some people do not. It is important to know the difference. Mental disorders are not always the same, and they can be treated. Some people have a mental disorder, and some people do not. It is important to know the difference. Mental disorders are not always the same, and they can be treated. Some people have a mental disorder, and some people do not. It is important to know the difference.

On the other hand, **interest and enthusiasm** are two emotions that can increase motivation, which increases the chance that we will act. Emotions can also affect our behavior directly, as in the case of aggression, or behavior that is focused on hurting others.



Most people do not have access to effective care

Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?



Does

What behavior have we observed?
What can we imagine them doing?

We say "what" when we clearly heard what the other person said because it is a way for us to confirm that we heard correctly, or to ask for clarification if we did not understand. It is also a way for us to indicate that we are paying attention and engaged in the conversation. Additionally, it can be used as a filler word when we need a moment to process what was said before responding.

I can only imagine certain things that are not within my knowledge or abilities. For example, I can only imagine what it's like to experience emotions, to have a physical body, or to be able to taste food. Additionally, I can only imagine certain future events or outcomes, as they have not yet occurred and my ability to predict them is limited. Tell me more.



Psychological disorders are a group of disorders that affect a person's thinking, feeling, or behavior. They are often caused by a combination of genetic, environmental, and psychological factors. **Psychological disorders** are a group of disorders that affect a person's thinking, feeling, or behavior. They are often caused by a combination of genetic, environmental, and psychological factors. **Psychological disorders** are a group of disorders that affect a person's thinking, feeling, or behavior. They are often caused by a combination of genetic, environmental, and psychological factors.

