**Research about How to Control Feelings**

Anxiety disorders are more prevalent in society today. This condition is also seen in gents, ladies, and children. Even if treatment is given to alleviate the condition, more care should be taken in dealing with those patients. Be especially careful when dealing with their feelings. Because Even a single word can be detrimental to those patients. When we are creating a virtual friend, we must carefully listen to the feeling of the users, but make sure that they are not adversely affected. Here are the feelings that should not be spoken, share and chat to the user by the virtual friend.

Don’t Ask/Talk about,

1. “I Know What You Mean”

We don’t know exactly how that person ‘s feelings is. Patients may feel insecure by pretending that we know. Patient can experience a lot of discomfort. This makes it more likely that patients will leave us.

1. “Are You Ok”

By asking if you are ok, the patient tries to show that he or she ok. It makes the patient feel depressed.

1. “I get anxious too”

Just because you have experienced mild feelings of anxiousness in the post does not mean that you can understand what someone struggling with an anxiety disorder is going through.

1. “Have a drink or use drugs, it’ll help you relax”

People with mood disorders are twice as likely to develop drug and alcohol addiction problem. Some patient may be addicted to the drug. Such a statement could make them more addicted to drugs, thinking that it would not be a problem if they used drugs. People who do not use drugs can become addicted to drugs and alcohol. And may refuse to have further contact with us.

1. “Why cannot you may be positive/ Look on the bright side”

Saying things like this, can make the patient feel insecure. These word can hurt patients.

1. “why are you always so overwhelmed by everything”

It can further weaken their senses and make the thoughts of some patients cruel. Such statements can lead patients to a different side.

1. “Your Illness is not an excuse”
2. “Let’s go to a quieter place or go for a walk**.”**
3. “I have noticed you have been anxious a lot lately, and I’m concerned.”
4. “Stop Worrying.”
5. “Have you tried”
6. “it’s all in your head”

This Statement may exacerbate the patient’s condition.

1. “Clam Down”

It is inappropriate to tell such patients to clam down. This can make their stress worse. They may think they have none.

1. “get over it”

The worst part is the reluctance of patients to deal with chronic conditions.

In general, There are several categories that should not be talked about through the app. There are about,

1. Suicide
2. Love
3. Best friend
4. Sex
5. Fiancée or fiancé

Talking about things like this makes it more likely that patient will make the app their own. Therefore, those patients are more likely to stay away from their friends, family and society.

References

1. <https://anxietypanichealth.com/2016/12/21/15-things-never-say-someone-suffers-anxiety/>
2. <https://rightasrain.uwmedicine.org/mind/mental-health/what-say-and-not-say-someone-anxiety>