



Says

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



Thinks

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

I am constantly fighting with myself , about what to do and what not to do.

I know what should be done but end up procrastinating because of my mood swings and momentary feelings.

Consciously worried about missing Cycles and facing panic attacks.

Feeling mentally drained throughout the day with overwhelmed emotions and self-doubts.

Never being able to not eat any food of her choice

Thinks that close ones might not be able to understand.

Not being able to plan a trip or outing as she is concerned about surprise period attacks.

Not able to convey her feeling about mental health, activity and period cycles.

Logo

K.Siva
S.Alagu Karthi
M.Muthuraj

Try to avoid social appearance due to self - doubt and concern about looks.

Try to work out by themselves and follow a diet plan but end up losing track.

Overthink and get irritated over a small thing, end up taking a lot of mental pressure and burst out either in anger or crying.

Even try to end up normalising the disorder and to not take necessary action.

Anxious about themselves and feels negative about their mind and body.

Emotional stuck, self-blames and question if I am the only person getting affected by this condition.

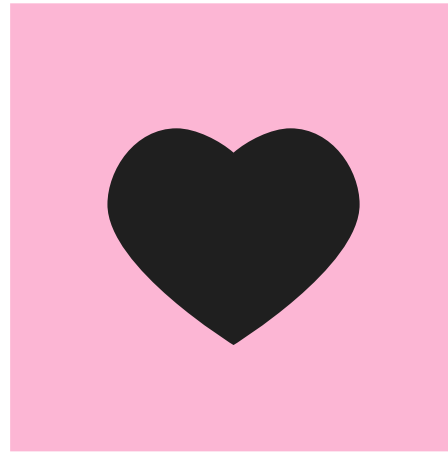
Feeling low and lonely most of the time and can never escape the loop.

Difficult to maintain the medication and can't continue and end up giving up on it.



Does

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



Feels

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