

I can't do this

very pandemic circumstances

insecure

What do they
THINK AND FEEL?

what really counts
major preoccupations
worries & aspirations



What do they
HEAR?

what friends say
what boss say
what influencers say

In the covid 19 circumstances

Examination centre

Hostipal

What do they
SEE?

environment
friends
what the market offers

Environment

Social media

Magazines

What do they
SAY AND DO?

attitude in public
appearance
behavior towards others

Make an inventory

Only drink water, Don't take fast

Food anymore



PAIN

fears
frustrations
obstacles

Add an introduction about the use and goal of Psymate

The possibility to silence the beep

GAIN

"wants" / needs
measures of success
obstacles

Active participate of the patient

Maintain motivation in between sessions

