* 3 main areas, escape mode, self condemning and self critical, lonely and disconnected from people, depression becomes worse.

**PLAN**

* Escape – 3 hours of homework on Monday-Thursday, break each day into 2 hour and a half sessions.
* Monday and Wednesday start homework at 3, stay on campus.
* Tuesday, Thursday, do homework on campus starting at 12
* Put principal ahead of feelings
* Self Judgement –
* Instead of self judgement/self comparison, emphasize on hard work, effort put forth and things that I’ve learned
* Social –
* Never go more than one day without connecting with other people, socialize with them, talk, do things.
* No more than 2 hours a day on social media and gaming