

Ellen

I'm an extremely organized person who is focused on producing results. While I am always realistic when setting goals, I consistently develop ways to efficiently achieve, and often exceed, those goals.

Edit

Your top 3 biggest mental health struggles

Anxiety

Stress

ADD

Edit



Profile



Journal



Goals



Stats



General info

What's your name?

Ellen

Tell a little bit about yourself

Next



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123



space

return



Choose keywords

Issues I identify with

Tap the options below

Depression

General Anxiety

Social Anxiety

Bipolar Disorder

OCD

Eating disorder

Schizophrenia

Sexual Abuse

Verbal Abuse

Addiction

Weight Issues

Autism

Burn Out

Postpartum Depression

Cancer

PTSD

ADD

ADHD

Physical Abuse

BPD

Trichotillomania

High Functioning

LGBT

Anger Management

I don't see my issue here...

Next





Edit your keywords

Drag and drop to change the order of the keywords.
You can also remove keywords or add new ones to
your list

Most severe

Anger Management

Remove

ADD

Remove

General Anxiety

Remove

Social Anxiety

Remove

Add keywords +

Less severe

Save



Add keywords

Issues I identify with

Tap the options below

Depression

General Anxiety

Social Anxiety

Bipolar Disorder

OCD

Eating disorder

Schizophrenia

Sexual Abuse

Verbal Abuse

Addiction

Weight Issues

Autism

Burn Out

Postpartum Depression

Cancer

PTSD

ADD

ADHD

Physical Abuse

BPD

Trichotillomania

High Functioning

LGBT

Anger Management

I don't see my issue here...

Done



Edit general info

What's your name?

Ellen

Tell a little bit about yourself

I'm an extremely organized person who is focused on producing results. While I am always realistic when setting goals, I consistently develop ways to efficiently achieve,

Save

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123



space

return



Orden keywords

Orden the issues you chose from most to less severe

Drag and drop to orden the keywords

Most severe

Anger Management

ADD

General Anxiety

Social Anxiety

Less severe

Finish

