

Social

During this time, who may have been kind to you?

What was it about what they did that affected you?

Who might you have expressed kindness to, during this time?

During times like this, what kind of social interactions appeal to you the most?
(eg: quiet, busy with activities, none at all, some, many people around me)

Emotion

What sort of emotions are you experiencing during this time?

When you experience these emotions, what do you tend to do?

Do you like what you tend to do?

If yes, howcome?

If not, what would you rather do instead?

During this time, what's your sense of what's getting you through the day?
(eg: thoughts, sayings, emotions, memories)

Motivation

During this time, what may have motivated me to continue doing everyday things?

What's your sense of how you mustered this motivation?

Who or what might contribute to motivation for me?

What could encourage me to cope? To keep going?

References

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