

For the person who helps you

This page is for a doctor, therapist or counsellor you trust. Give it to them only if you want to.

This is a reading of your answers from one day. It is not a diagnosis.

3D · Divert · Discomfort → Delight — HDI rests on one simple idea: 3D. Divert: when the pull toward the screen comes, you do not just fight it; you turn toward something that does you more good. Discomfort: the first days feel awkward, and that is expected; your energizers carry you through. Delight: repeat it, and what took effort becomes something you enjoy and choose.

Your models to try

3M · Meaning · Momentum → Mastery
Meaning — know why it matters to you; Momentum — keep going, and start again kindly after a slip; Mastery — setbacks stop deciding for you

3E · Environment · Energize → Empower
Environment — arrange your space so the good choice is the easy one; Energize — act first; the feeling follows; Empower — the change becomes yours

3A · Awe · Alertness → Achievement
Awe — something bigger than you; Alertness — attention out, here and now; Achievement — doing something that means something to you

The 3D model, energizers and copers © HDI.Vision. Free to use and share under CC BY 4.0, with attribution.

This page is yours to share, or not — it is written to be handed over whole, and it speaks to the professional, not about you behind your back.

Lucija completed a structured self-report about life with screens and holds the full report. This page is its professional formulation — strengths first, then vulnerabilities, then the patterns that seem to drive both. Nothing here is a verdict; everything here is a starting point Lucija's own words can correct or deepen.

Presentation. Lucija's answers sketch a person whose relationship with the digital world is neither simple dependence nor easy balance, but a set of distinct patterns that reward separate attention. The lines below follow the shape of the instrument: the pull the phone exerts on Lucija, the capacity Lucija brings against it, and how daily life is holding under both.

VULNERABILITY **What pulls at you** — The pull is the loudest part of this formulation: Lucija describes checking and scrolling that runs ahead of intention, and moments where the phone decides before Lucija does. This is the natural first territory for shared work — not the habit itself, but the situations and feelings that hand it the wheel.

WATCH **What you can lean on** — Capacity is present but thinner than the demands on it: sources of energy and recovery habits appear inconsistently in Lucija's account. Strengthening what already half-works is likely to pay more than introducing anything new.

VULNERABILITY **What it costs your work** — Work is where Lucija's account shows the clearest cost: focus fragments, tasks stretch, and the sense of finishing things is eroding. Because this cost is measurable in daily life, it can also anchor the most convincing early wins.

WATCH **What the world asks of you** — External demand is a real presence: work, school or the people around Lucija expect a level of availability that registers as pressure in the answers. Any plan that ignores this demand will read as unrealistic to Lucija — it belongs in the conversation early.

Energy profile. On four belief questions Lucija weighted inner purpose and environmental lift about equally. That is what Lucija believes helps people change; it is not a measure of the energy available to Lucija, and it does not say whether either source is currently carrying Lucija.

Recovery profile. On a single preference question Lucija put wonder and beauty first. Read that as the kind of rest Lucija would choose, not as a measured restorative effect.

Themes worth opening. What does the phone give Lucija that currently nothing else does? Which described strain came first — the digital habit or the life circumstance beneath it? And what is the smallest change Lucija would defend as genuinely chosen rather than assigned?

About this letter. It summarises a structured self-report Lucija completed on a single occasion, composed by a deterministic system from Lucija's own answers. It is not a diagnosis, an assessment of any condition, or a substitute for your own judgement. Where it conflicts with what you learn in the room, the room wins.

Offered with respect for your work — as a map drawn by Lucija, handed to a guide. The territory, as ever, belongs to the conversation.

HDI – Human Digital Intelligence
info@hdi.vision

These pages were written from your answers. Your name is on them, because they were written for you. Your raw answers are not in them.

HDI.Vision — For the person who helps you — 2026-11-03