

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.

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 chose to bring the result to you. This page condenses that report into a 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. What follows condenses how Lucija described these patterns — self-report, not observed behaviour. Read the strengths as resources you can mobilise in the room, and the vulnerabilities as places where gentle, concrete questions are likely to open more for Lucija than confrontation would.

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.

WATCH What it costs your work — The cost to work is becoming visible: interruptions, restarts and diluted focus appear in Lucija's account often enough to matter. A small number of concrete workday experiments would likely tell you more here than discussion alone.

RESOURCE What the world asks of you — External demand reads as manageable: the expectations of others — availability, response times, being reachable — do not dominate the account, and much of Lucija's digital load appears self-set, which widens the room to change it.

Energy profile. Both engines read as live: inner purpose and environmental lift each carry Lucija at times. This redundancy is a genuine advantage — on flat days one source can cover for the other — and is worth naming to Lucija as such.

Recovery profile. Wonder and beauty lead Lucija's recovery mix: nature, art and moments of awe restore Lucija disproportionately. These are easy to dismiss as luxuries; for Lucija such moments function as maintenance.

Themes worth opening. Where does the pull actually find Lucija – which moments, which feelings? What would Lucija do with reclaimed attention, and does that answer come easily? Which strengths does Lucija underrate? The answers to these tend to organise the rest.

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.

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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.

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