

For the person who helps you

For
Lucija

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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.



From the story “The Blind Half Down” in your book. The pictures in this book were made with AI image generation (OpenAI) to go with the stories. The people in them are not real.

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.

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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.