

SOURCE

External

Struck by lightning

Economic trauma
Stressful work situation
Unemployment
Violation
Crisis
Acute physical implication
Collapse
Explosion
Dramatic

Nagging darkness

Societal changes
Cultural and social pressures
Seasonal variations
Constant small hardships
Bullying
Injustices
Heavy life burdens
Family strain
Hormonal changes
Inherited vulnerability

Insidious

Sudden

Possessed by dark force
Losing one's mind
Unexplainable anxiety attack
Panic
Suicidal impulse
Black hole
Zombie
Losing foothold

Personal shortcomings
Self blame
Low self esteem
Never good enough
Negative spiral
Unlimited female responsibilities
Invisibility
Longing for love
Constant tiredness
My personality

Blackout

Slowly suffocating

Internal

COURSE