

## NEUROHACKER® COLLECTIVE



### What kind of people are we talking to?

#### People that struggle with mental focus, memory and motivation

Tim: 19-25. Tim is taking classes at a community college nearby his hometown, currently studying graphics design and engineering. He works part time at a convenience store nearby campus to supplement his allowance from his parents.

### Painful Current State

#### - What are they afraid of?

Tim is afraid of disappointing his parents a second time, the first being when he was caught with marijuana sometime in the past.

\*\*\* what might be another fear? Fear of failing his studies? Fear of not getting his dream job? Fear of staying at home living with his parents forever?\*\*\*

#### - What are their top daily frustrations?

As a result of taking said drug in the past, Tim suffers with memory loss, lack of motivation and overall an almost constant lazy feeling. His grades aren't getting any better and he doesn't know what to do to improve his situation.

#### - What are they embarrassed about?

Tim Hates the fact that his younger brother by two years has already surpassed him academically and he's embarrassed that everyone knows this fact and looks down on him for it.

## Desirable Dream State

**- If they could wave a magic wand at their life and change it immediately into whatever they want, what would it look like and feel like?**

High grades, proud doting parents, a younger brother that respects him, great focus, motivation, drive for success and greatly improved memory.

**- Who do they want to impress?**

Parents, professors, his younger brother and most of all himself.

## Values and Beliefs

**- Who do they blame for their current problems and frustrations?**

He knows the one to blame for his current situation is himself because he's the one that decided to hang around with a bad crowd and ultimately did harmful drugs despite his parents stern warnings.

**- Have they tried to solve the problem before and failed? Why do they think they failed in the past?**

Tim tried meditation techniques, he also drank more coffee because of the focus and energy boosting effect he once read about. Sadly, though he would get a rush of energy and focus, it typically did not last very long and would also result in jitters. He suspects it's just not suited for him as he seems to have a high caffeine tolerance.