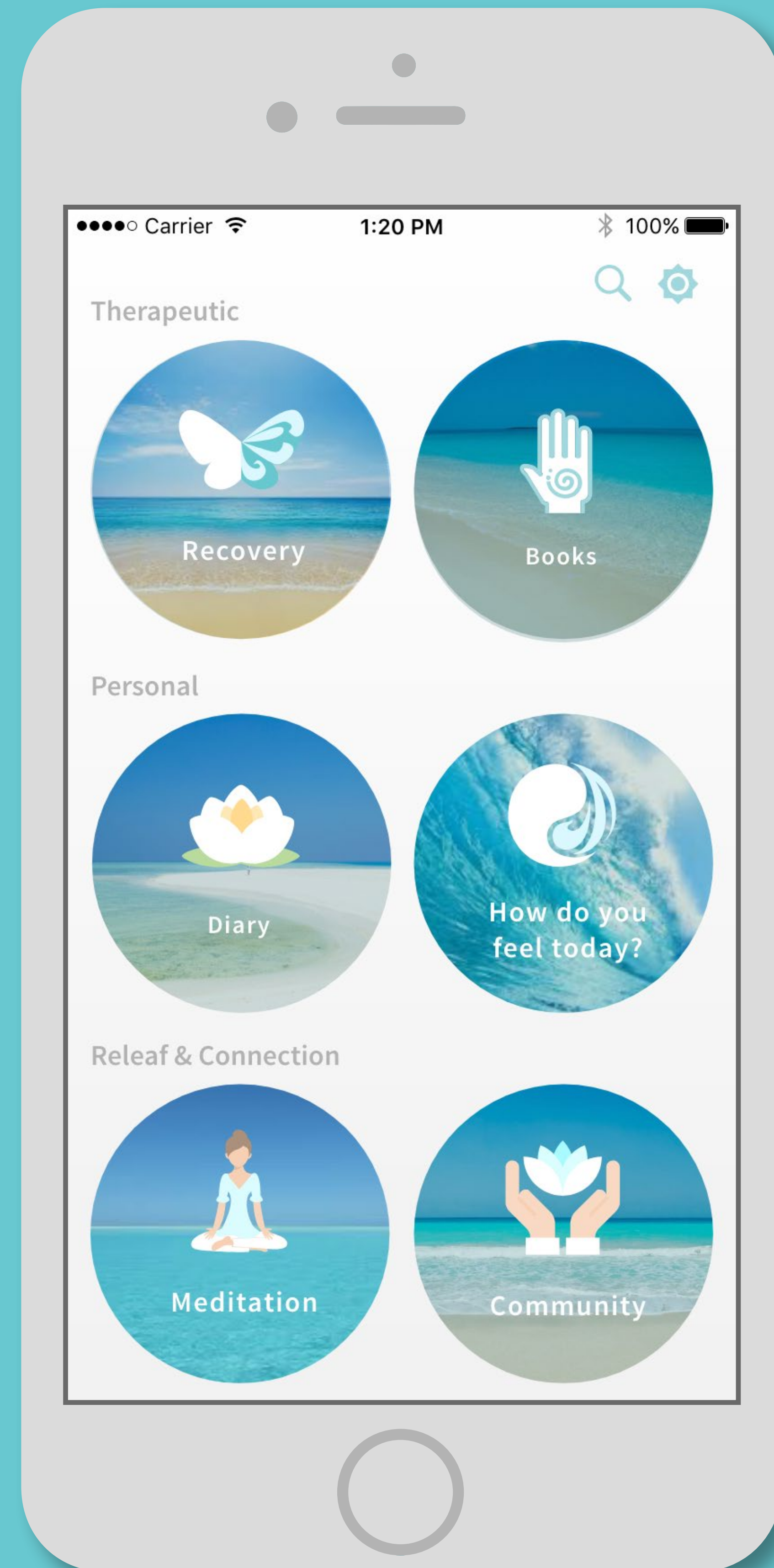


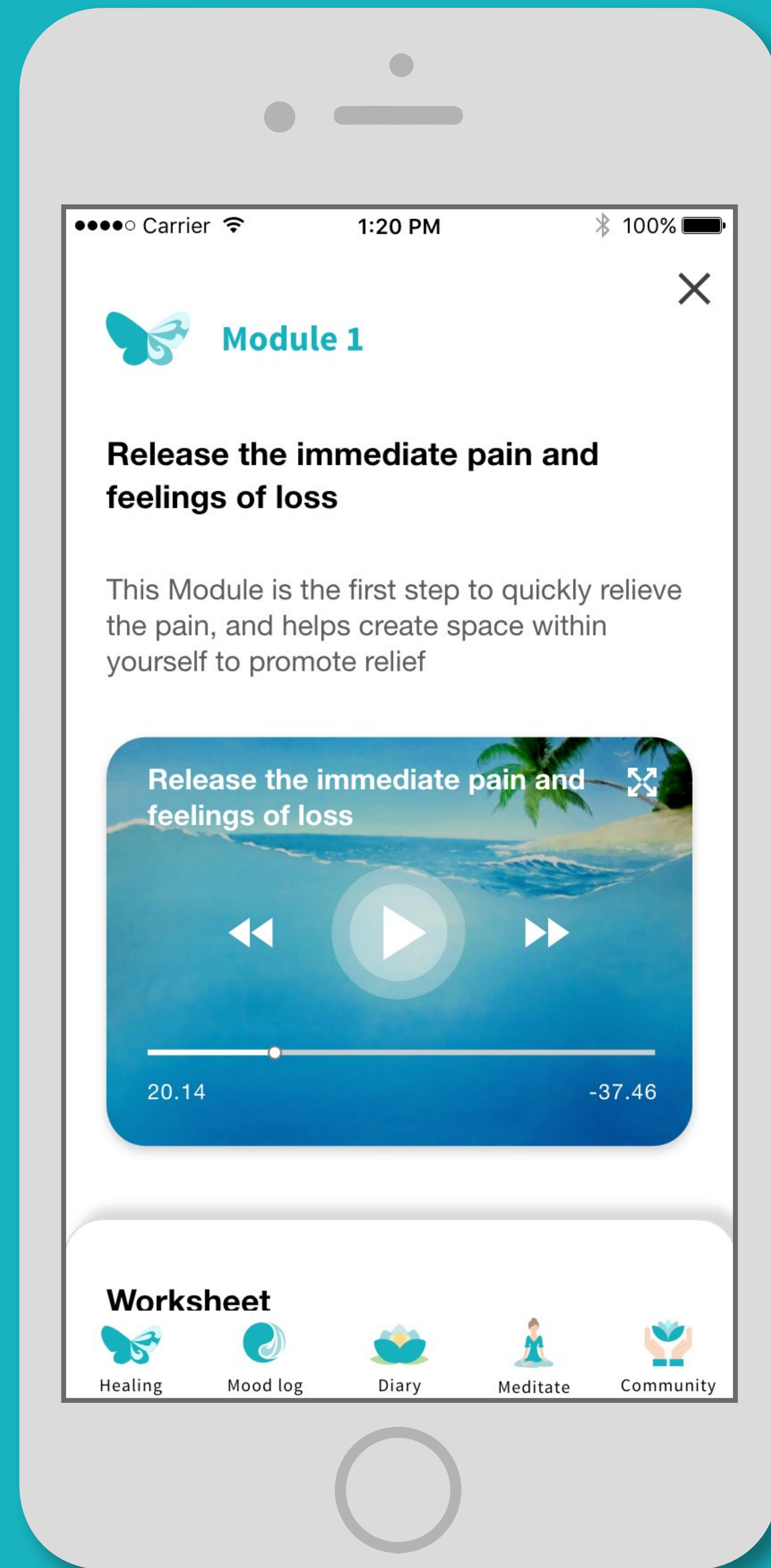
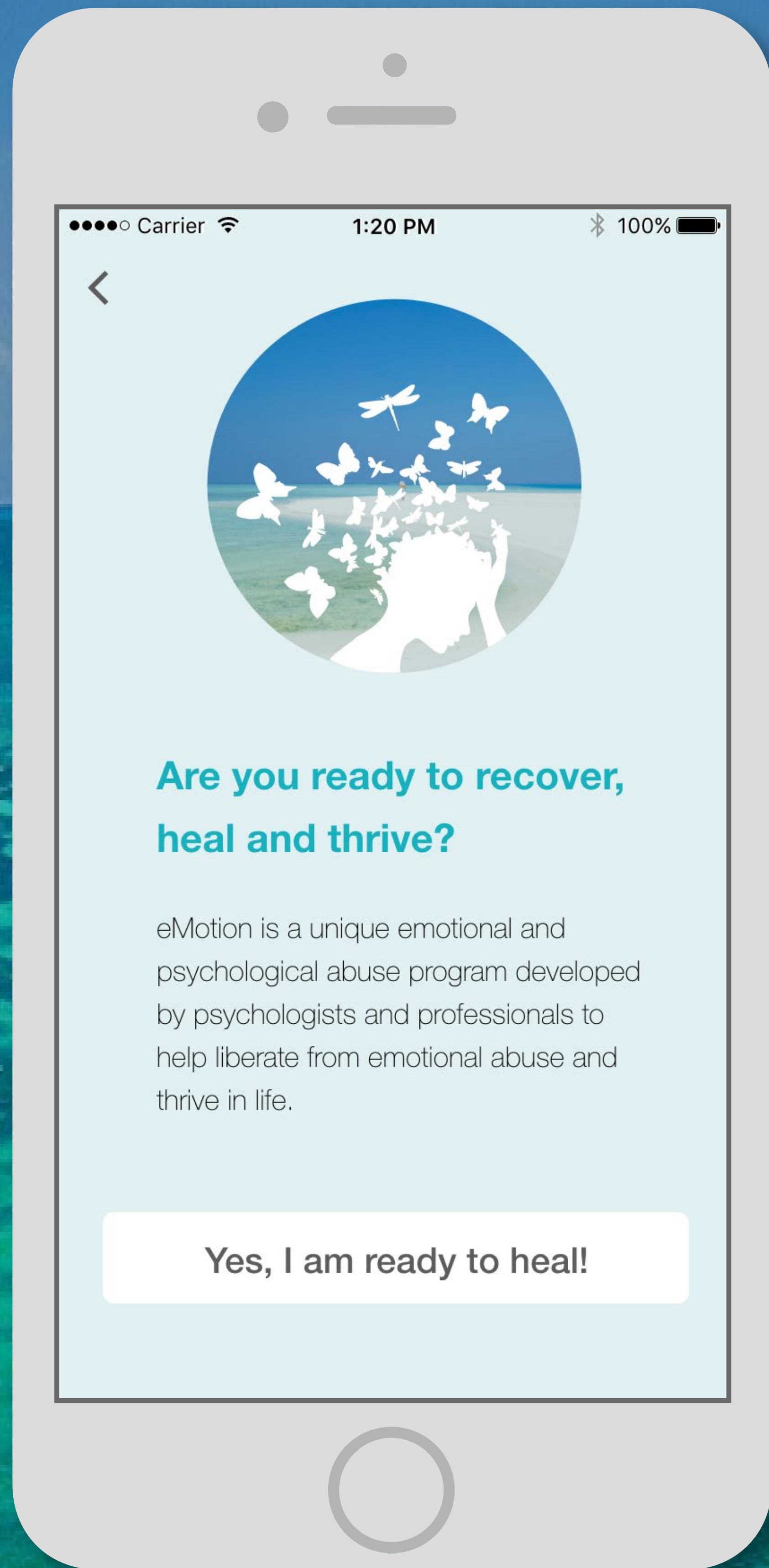
## *Recovery app for women* eMotion

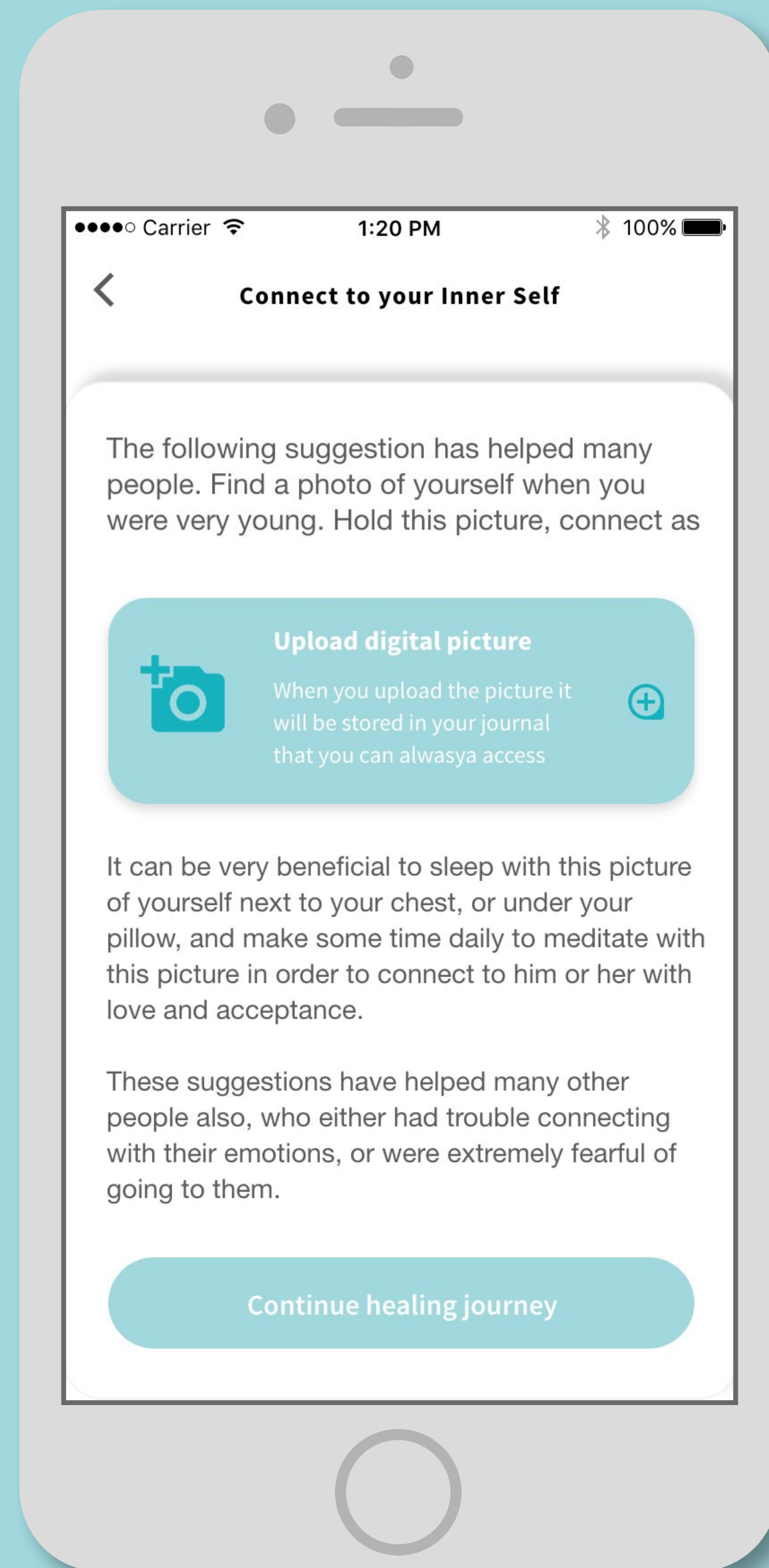
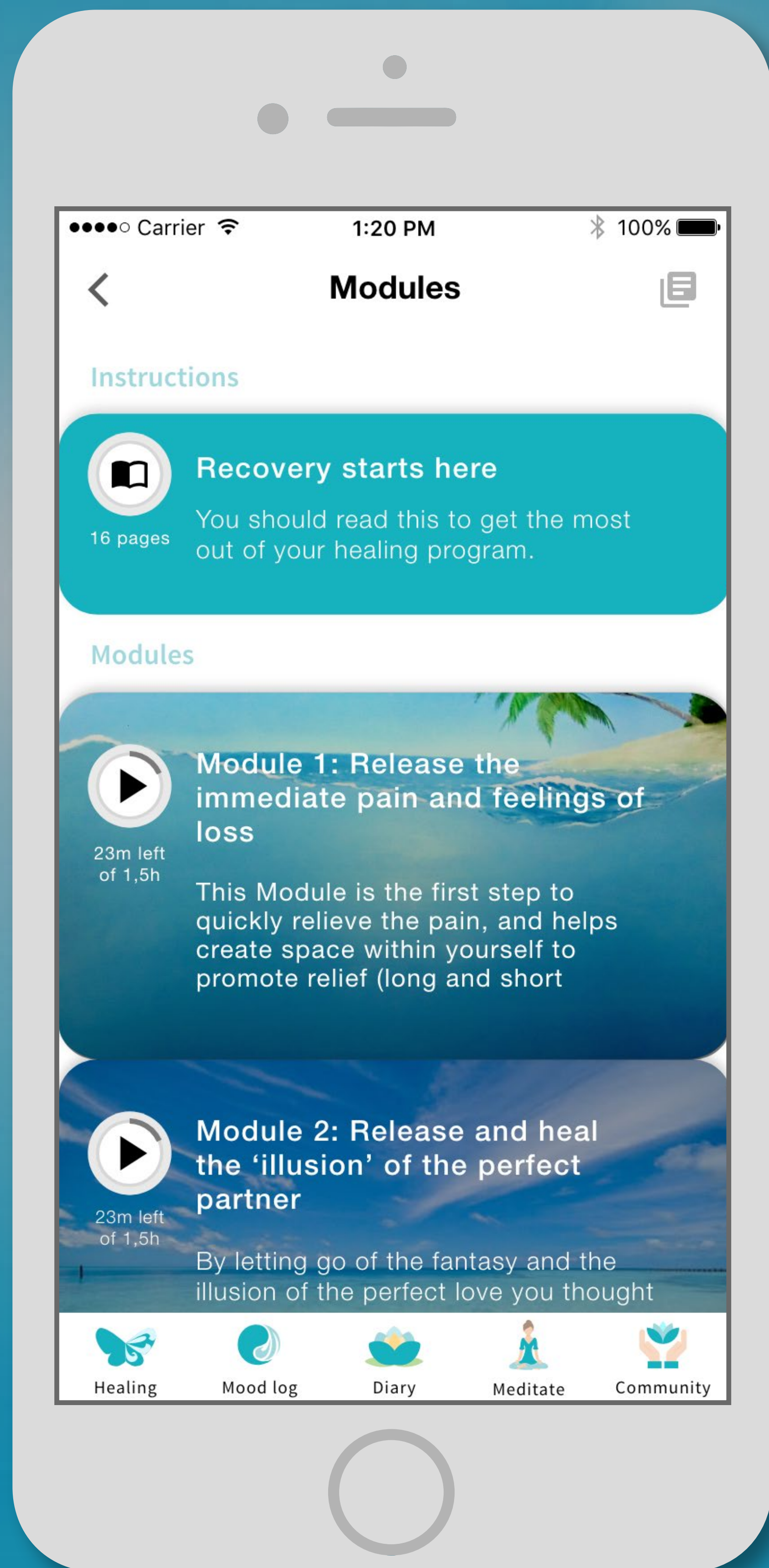
The aim of the project was to create a recovery app for women, who suffered from an emotional abuse in romantic relationships. The app should support the victims of the abuse in their recovery journey, have a step-by-step professional recovery program directed to healing from emotional abuse and an internal community forum, which would allow the victims of domestic emotional violence connect with each other.

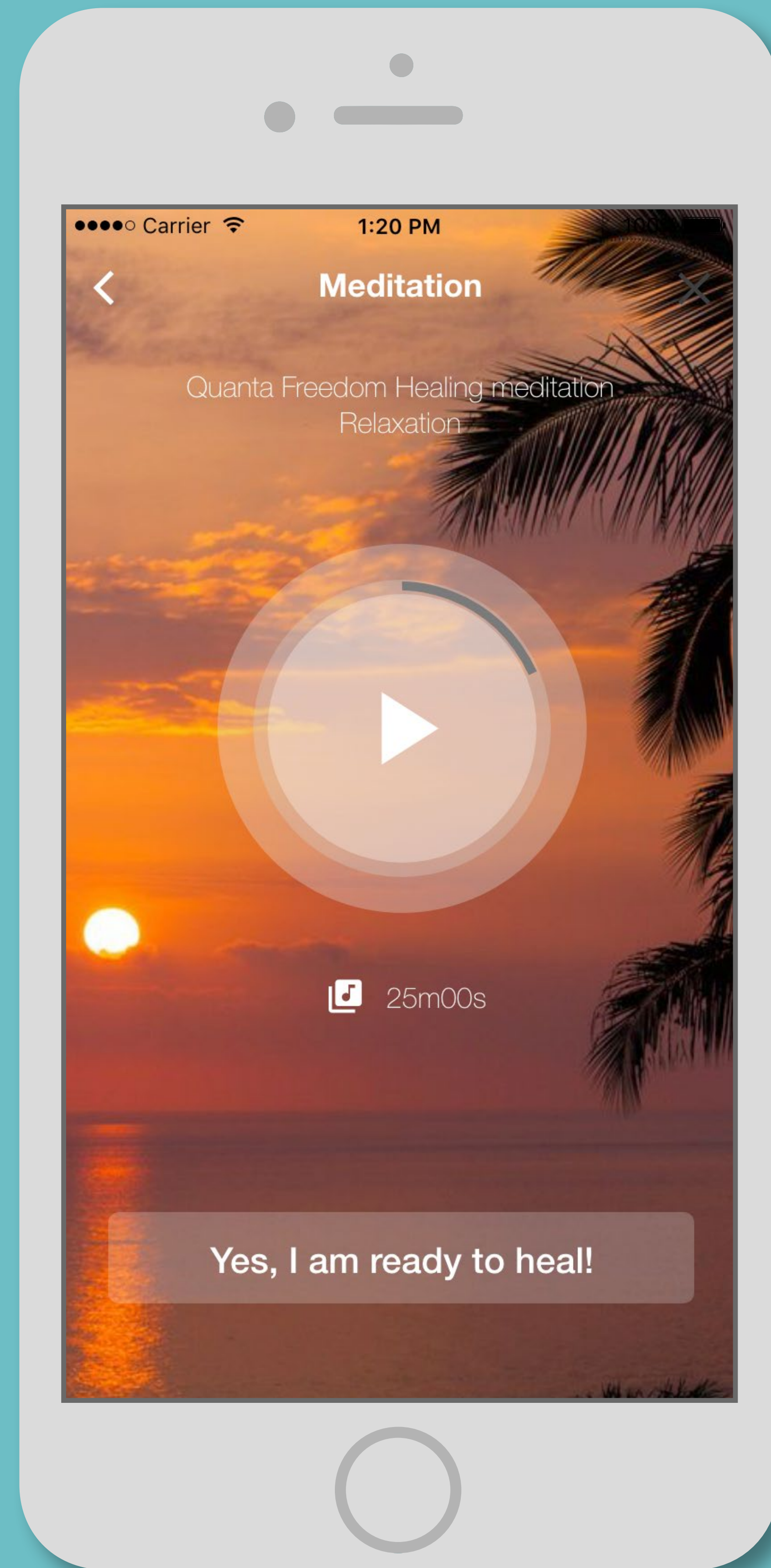
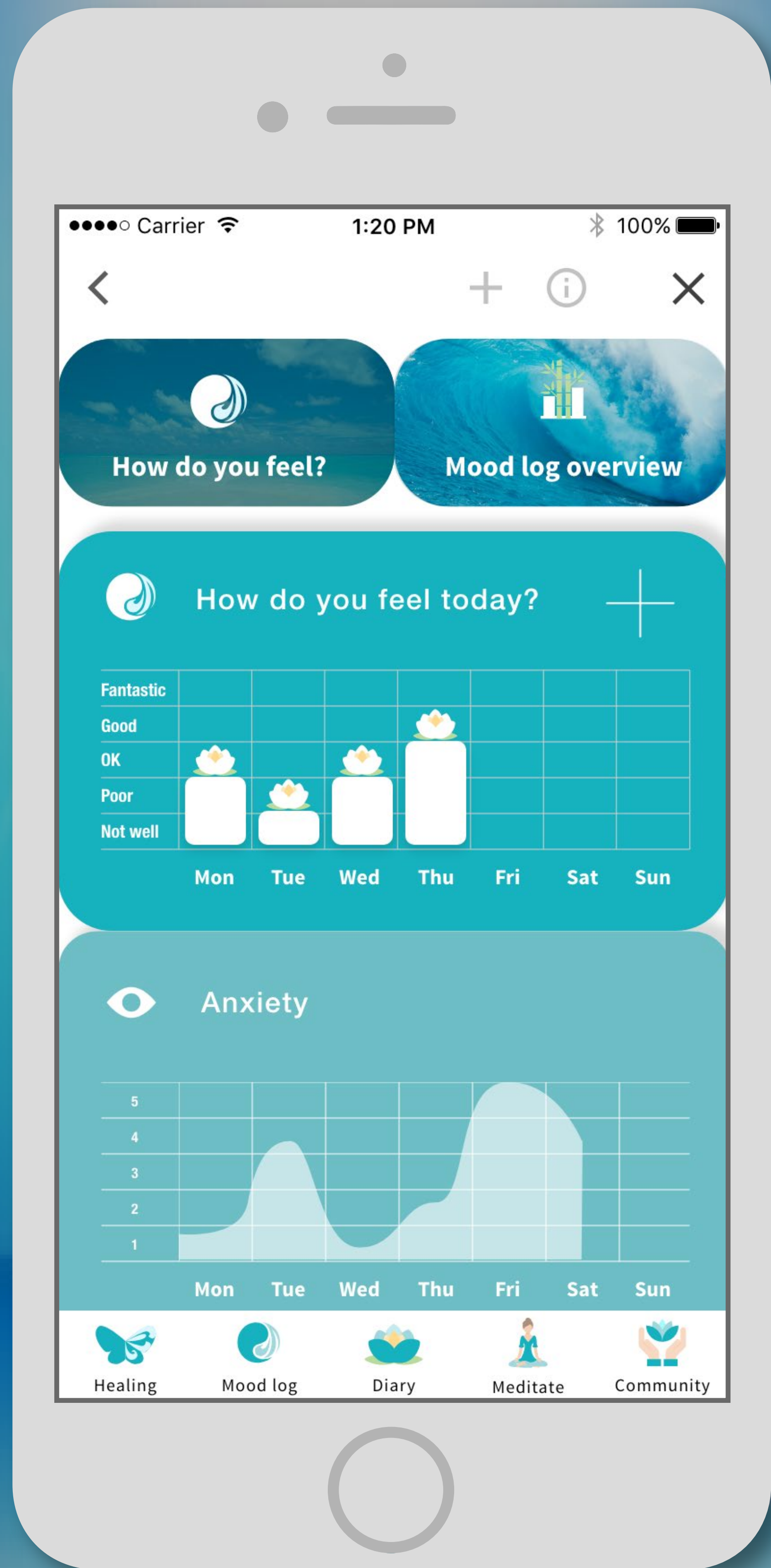
To see how the survivors of emotional abuse and mental health experts would respond to the idea, I conducted usability testings and interviews with mental health professionals. Results showed that the eMotion app has a potential to help survivors of emotional abuse on their recovery journey. According to one of the mental health experts, eMotion creates “a good environment to believe in yourself”.

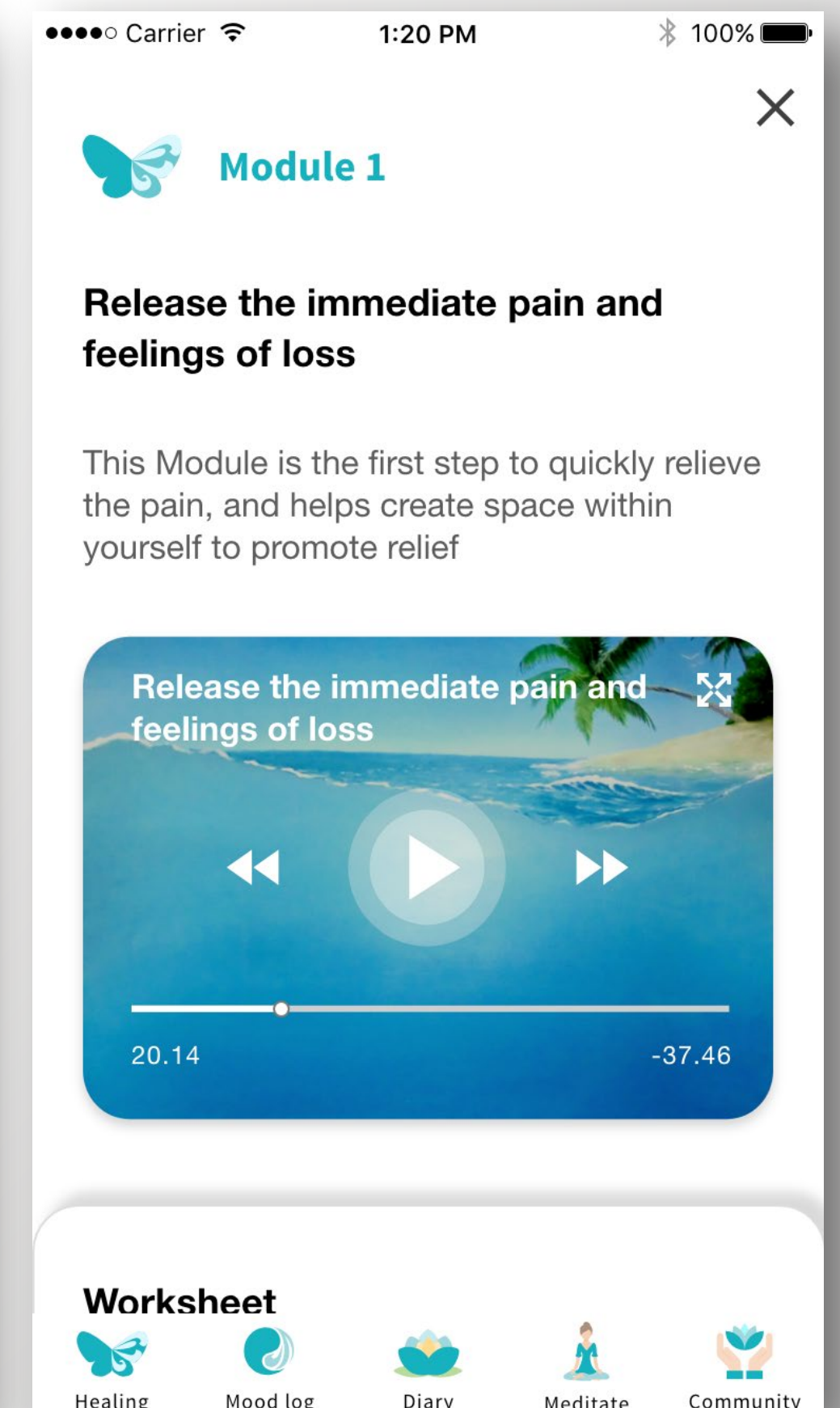
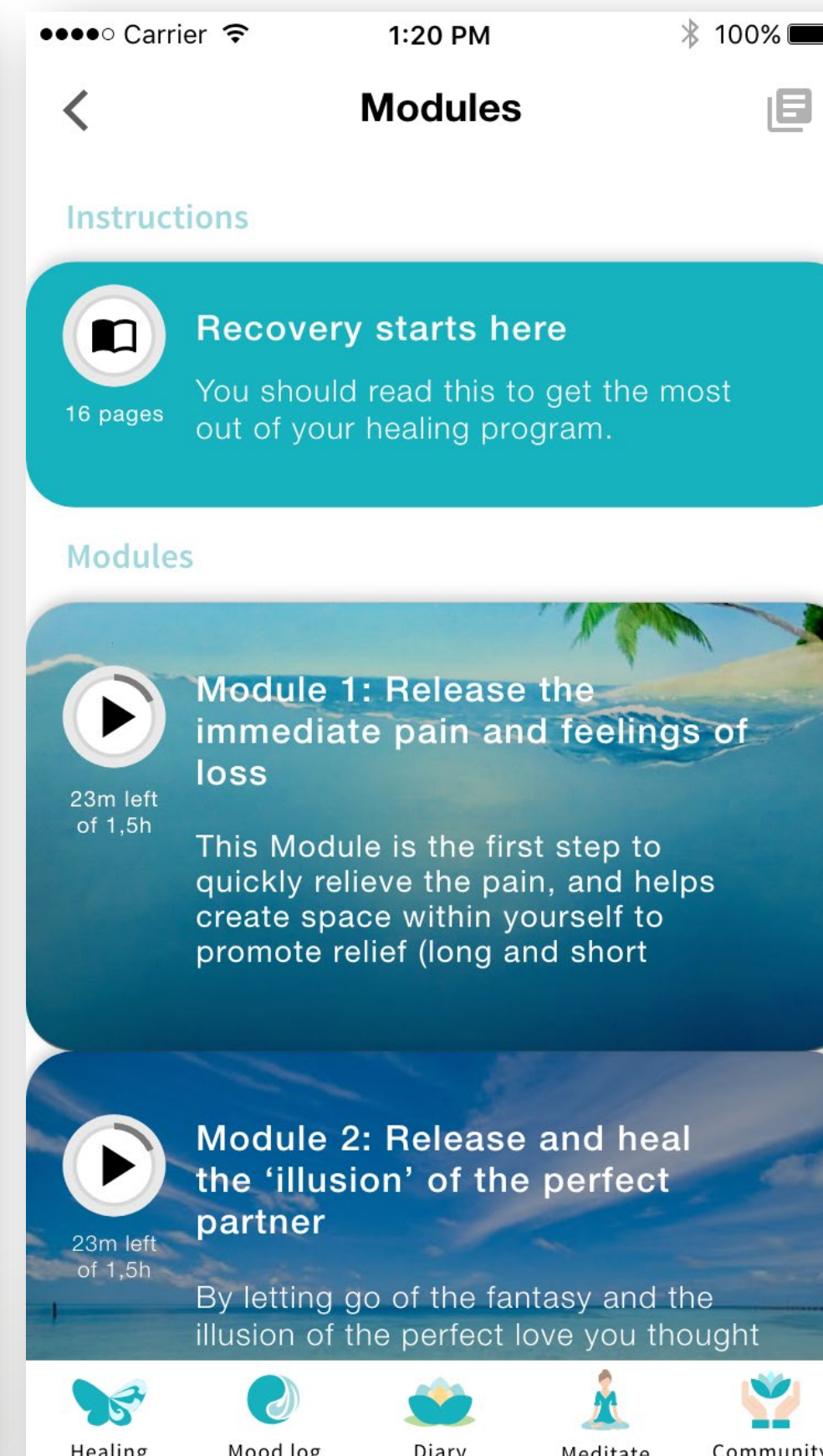
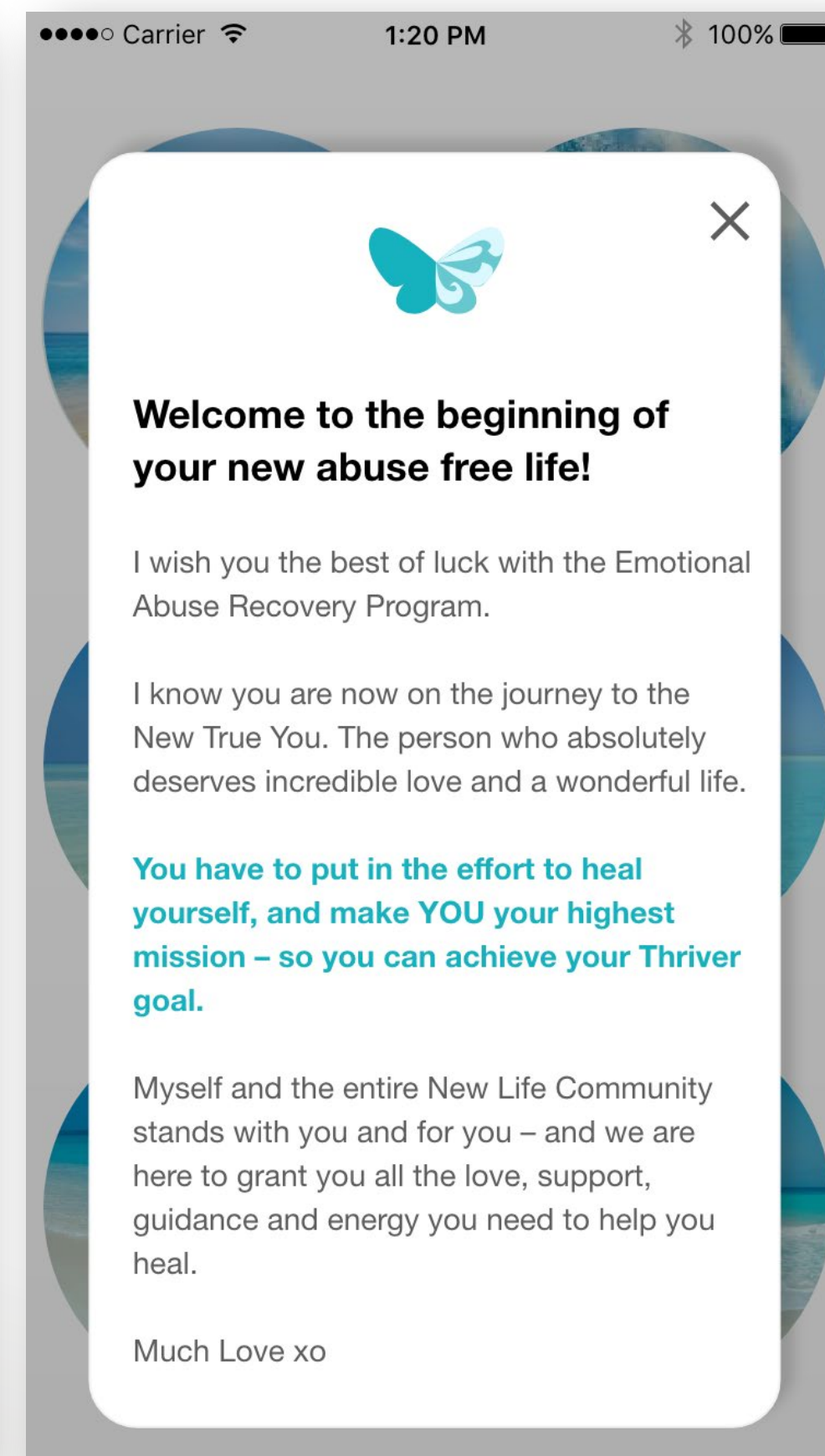
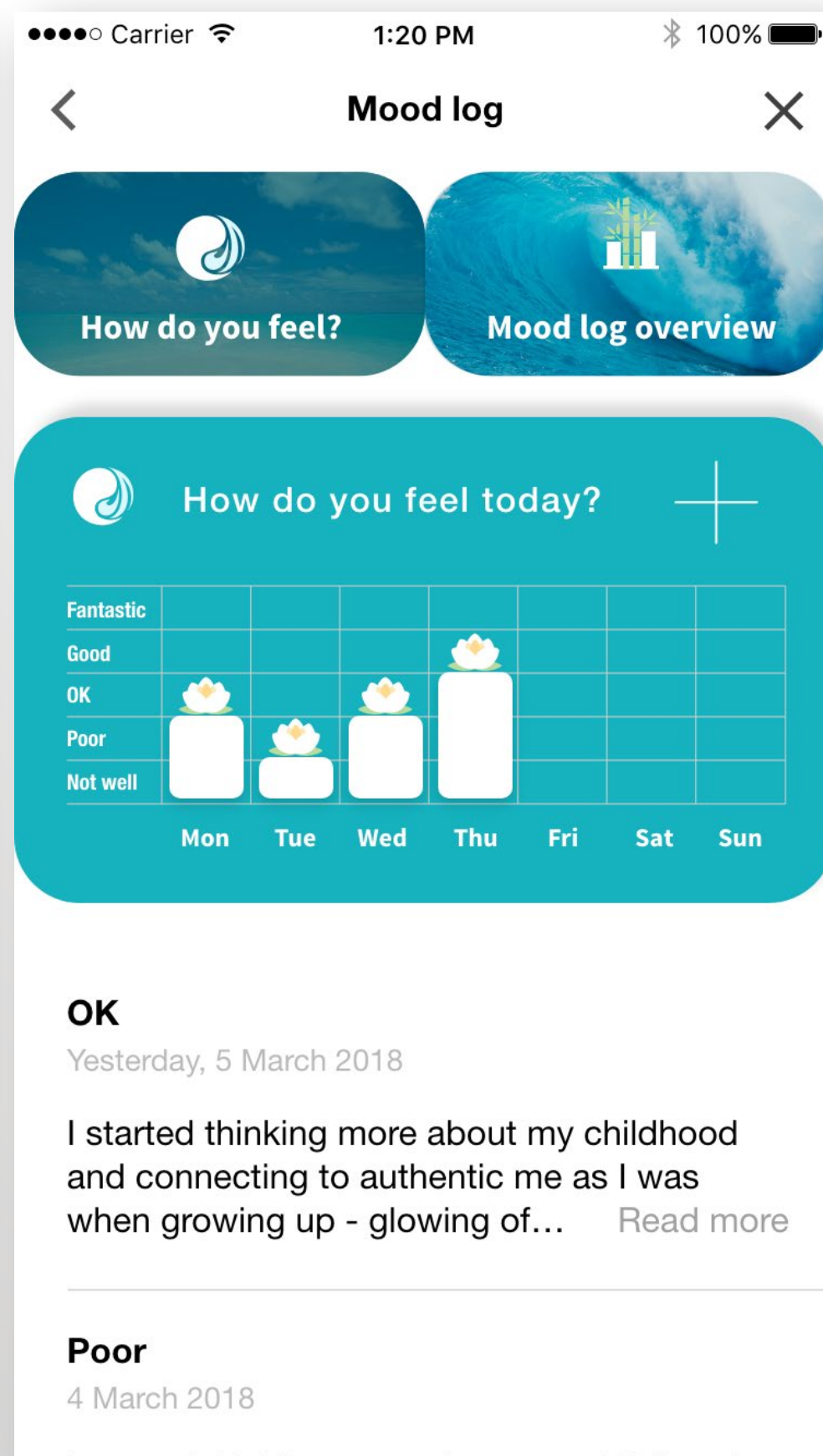
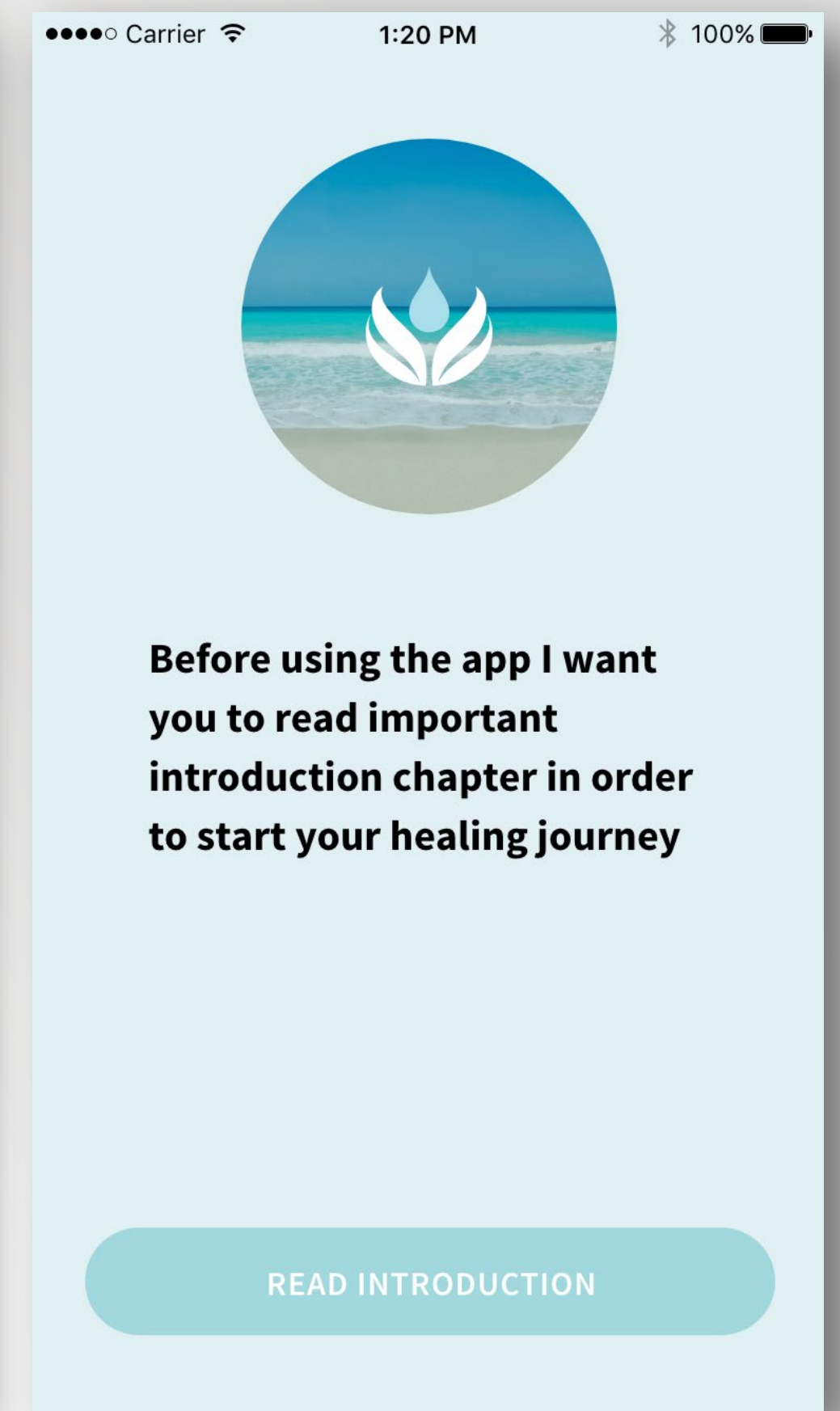
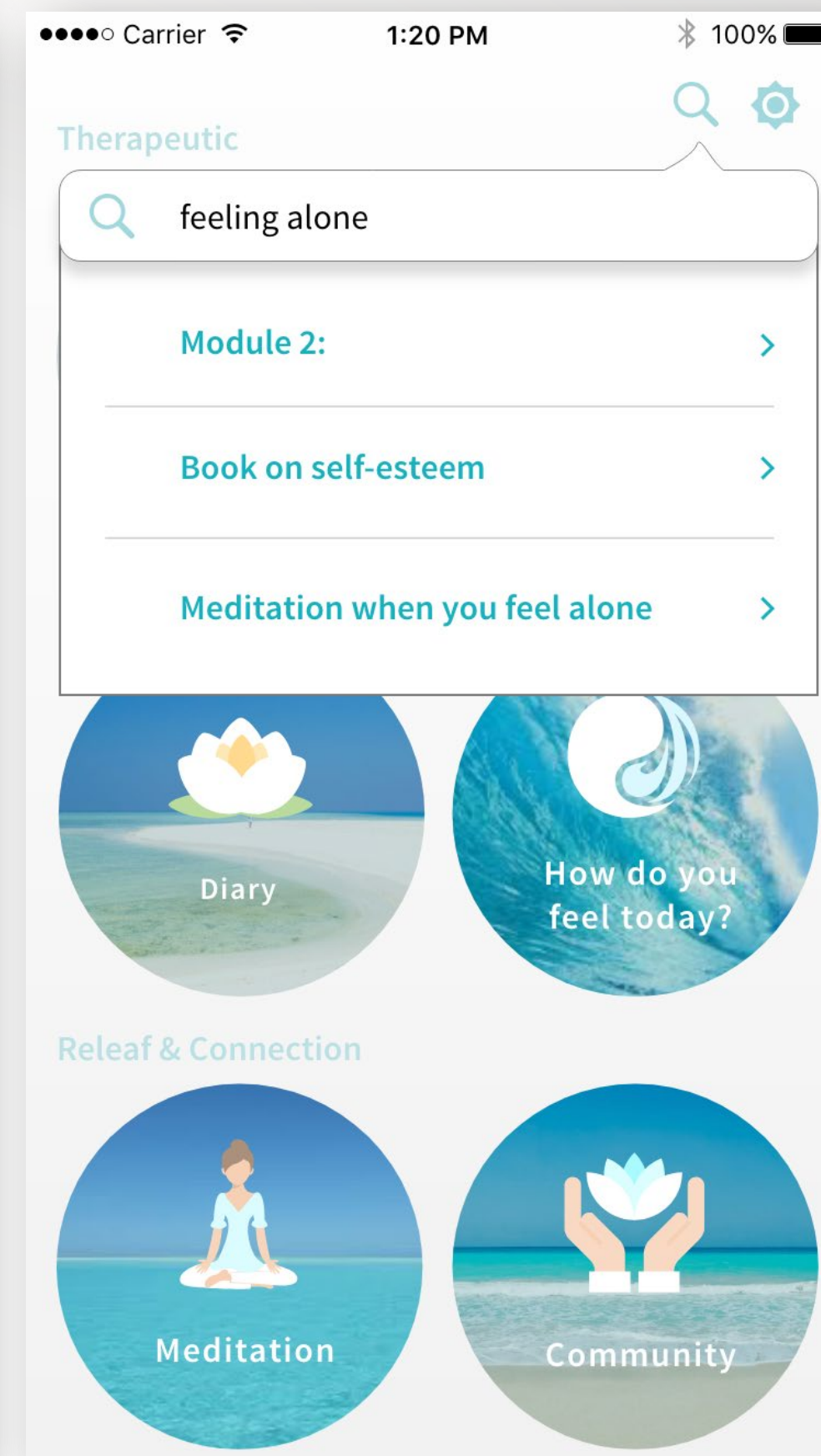
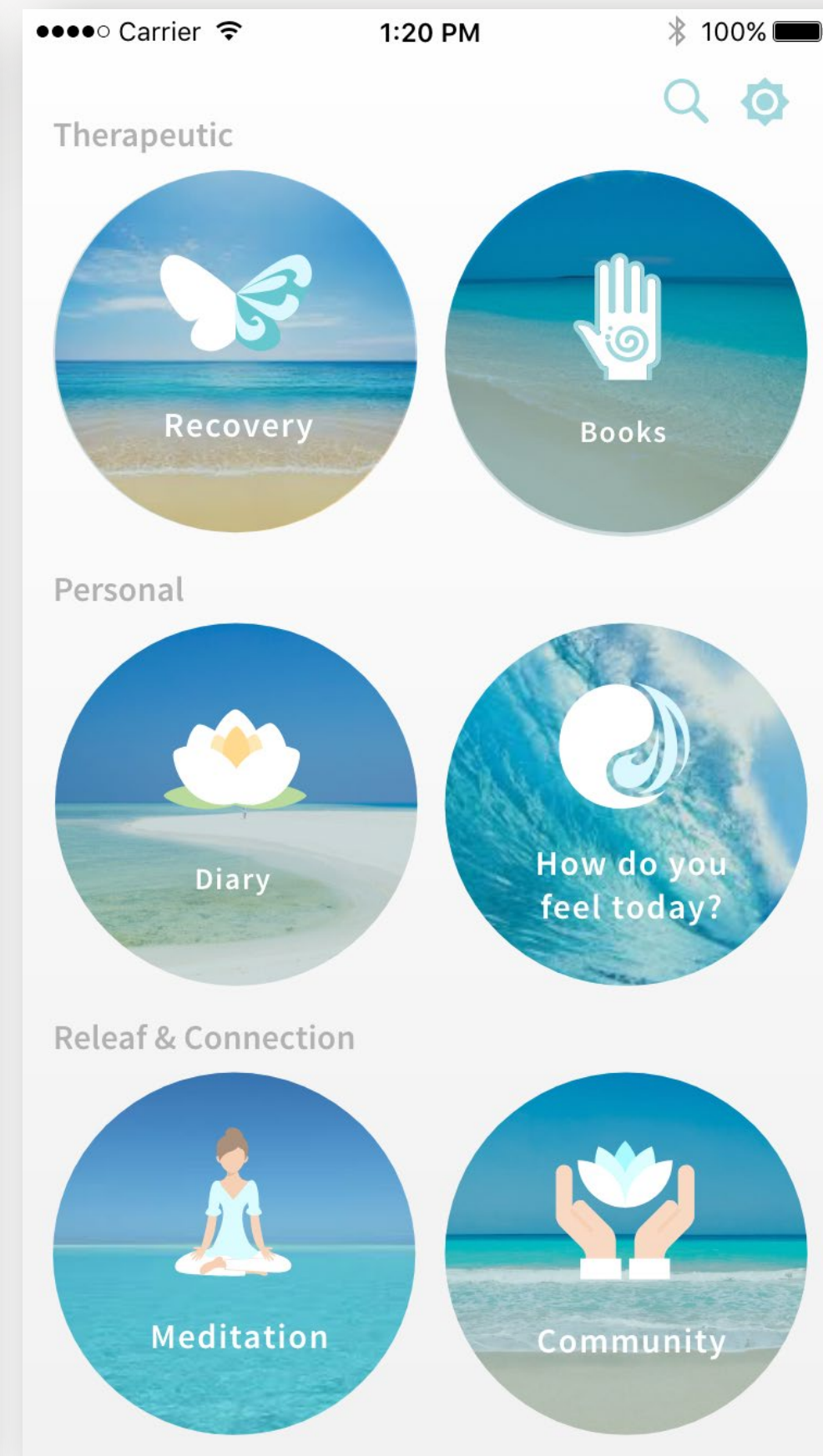
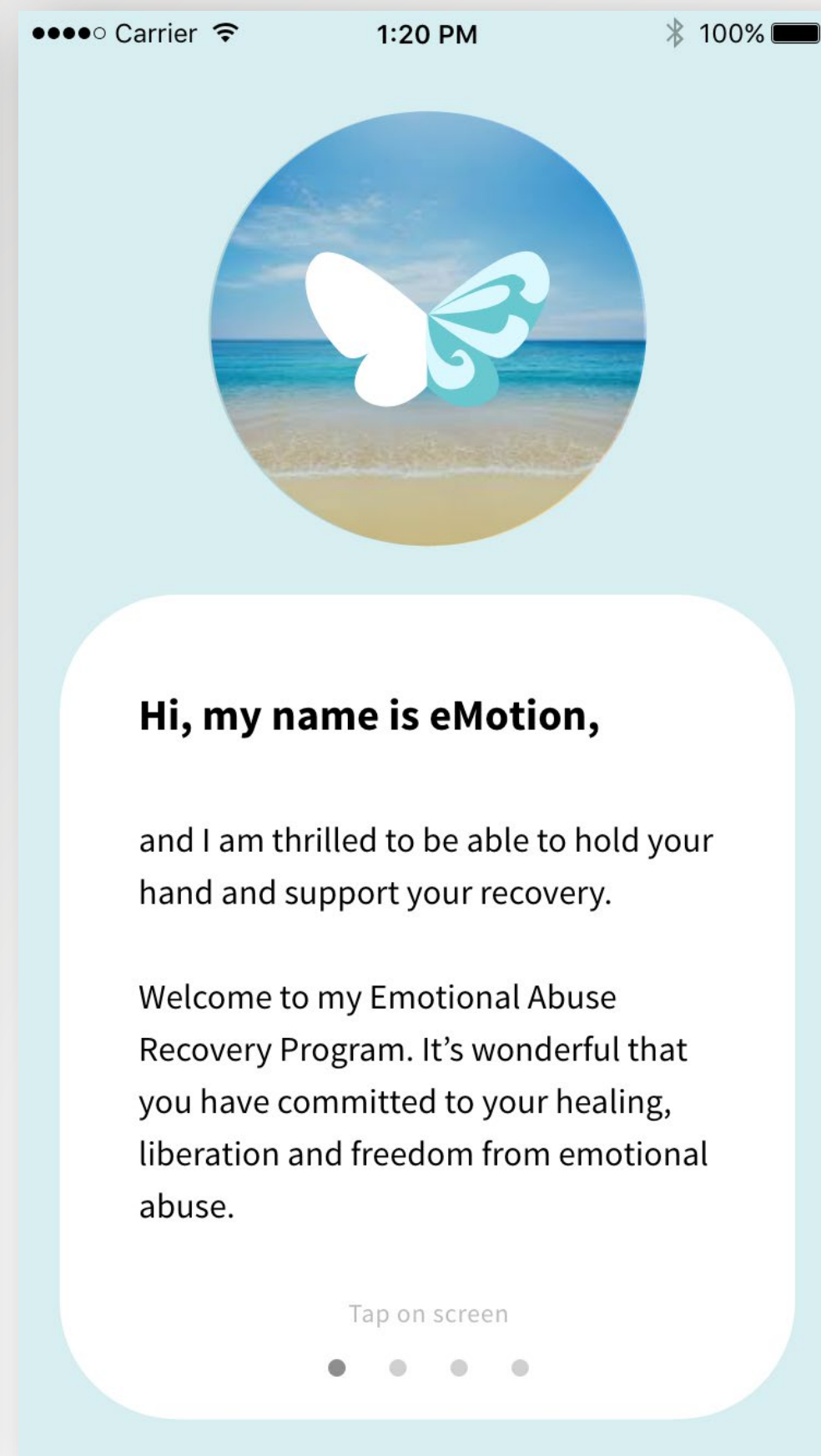
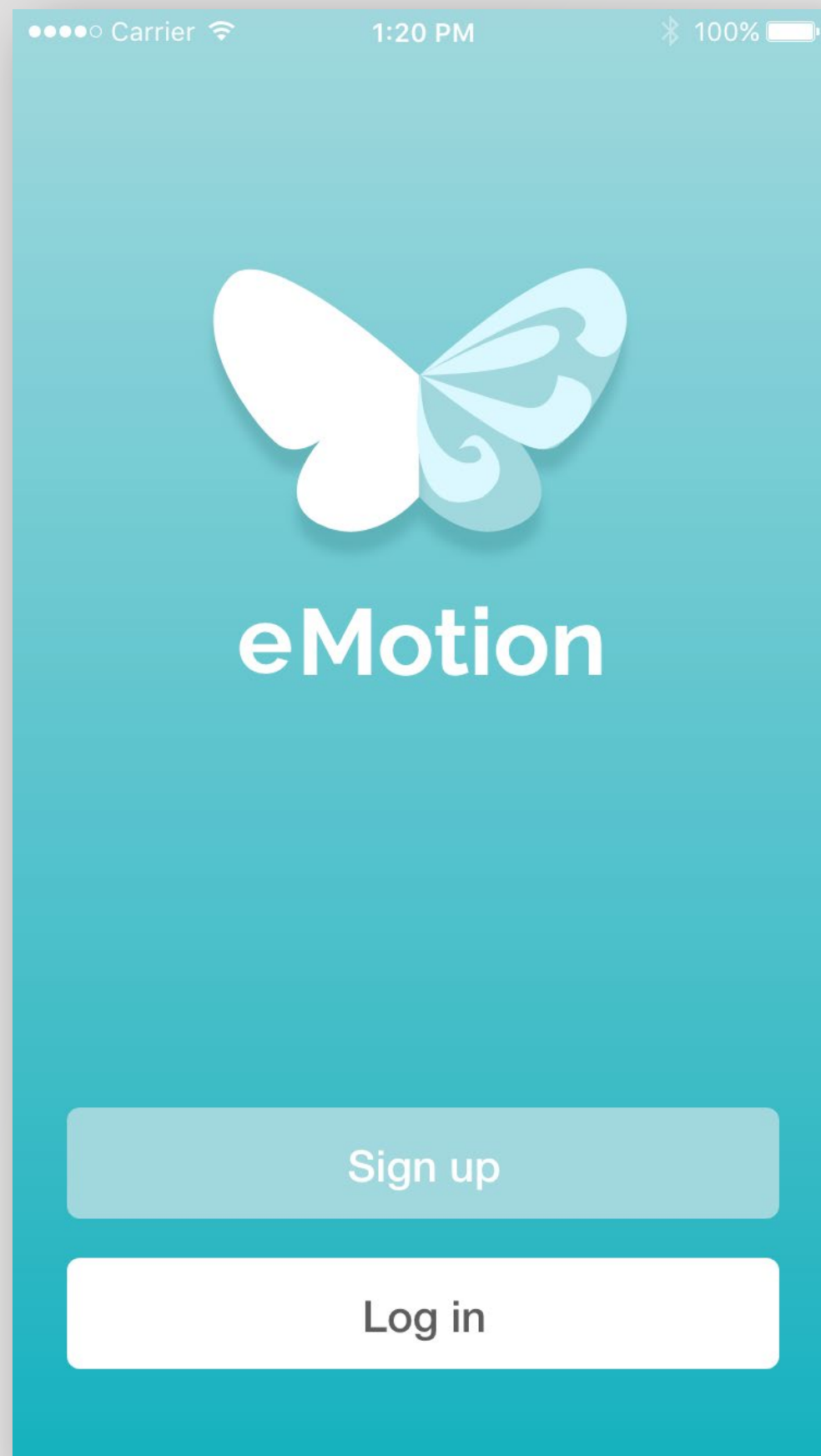
I started this project by exploring the literature related to the recovery and healing programmes from emotional abuse and selfhelp methods of recovery. I studied people who will be the core users of the app to understand their needs and behavior. I used a human-centered design approach at each stage of the design process.









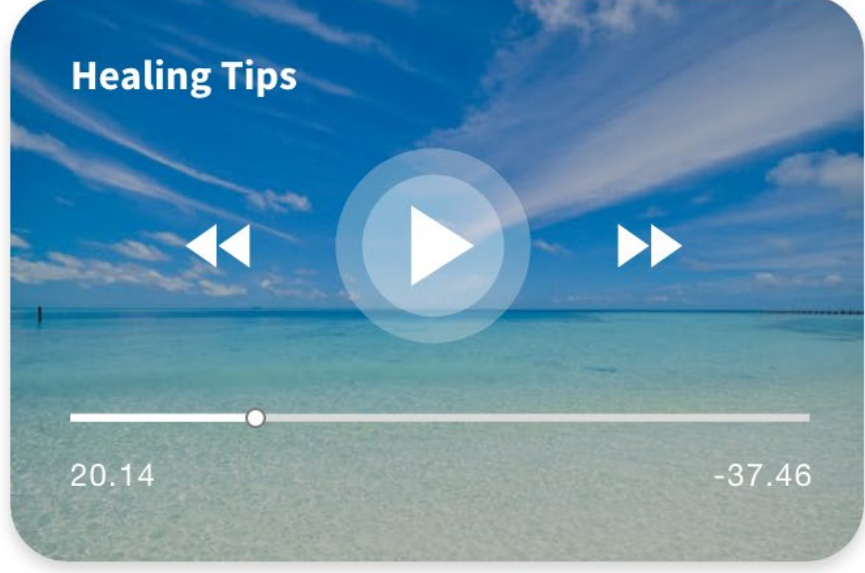


Carrier 1:20 PM 100%

## How To Get The Most Out Of Your Healing Modules

This Healing Tips explains exactly what you need to do and how to get the most out of the Healings so you can start recovering as quickly and effectively as possible.

Please start with listening to the **Healing Tips Audio** before proceeding with the Quanta Freedom Healing Modules.



Healing Tips

20.14 -37.46

Carrier 1:20 PM 100%

## Session worksheets

**Module 1: Release immediate pain and feelings of loss**

SECTION 1: What my pain is about

SECTION 2: Accepting that the pain has given me an opportunity to heal and create a better way

When we've been hurt we feel like victims. However, to rise into empowerment and in order to create the life we do want to live...

### Shift Number 1

Details:

I feel that I have the power to create the life I want and believe in myself. From today I will be doing the modules so I can see the results in the nearest future. I know that the pain is not permanent and that one day I will be able to recover after

Healing Mood log Diary Meditate Community

Carrier 1:20 PM 100%

## Meditation

This is two bonus meditations – a full body relaxation track and empowerment track designed to provide you with physical, emotional, mental and spiritual well-being.

The Relaxation Meditation 25m

Self-Healing And Protection Meditation 35m

ADD MY FAVORITE MEDITATION

Carrier 1:20 PM 100%

## Meditation

Quanta Freedom Healing meditation  
Self-Healing And Protection Meditation

25m00s

Yes, I am ready to heal!

Carrier 1:20 PM 100%

## Modules

30% completed

Modules

Module 1: Release the immediate pain and feelings of loss

23m left of 1.5h

This Module is the first step to quickly relieve the pain, and helps create space within yourself to promote relief (long and short)

Module 2: Release and heal the 'illusion' of the perfect partner

2h

Resume

By letting go of the fantasy and the illusion of the perfect love you thought

Healing Mood log Diary Meditate Community

Carrier 1:20 PM 100%

## It has been long time since you logged in last time

Keeping consistency in the treatment for psychological and emotional abuse is essential for recovery.

Try to do the modules as often as you can and do the exercises so you can feel better much faster!

Much Love xo

eMotion

Carrier 1:20 PM 100%

## Books

Please note that it is important to read the eBook information in conjunction with doing the Modules. The eBooks can be read at any pace that you wish to; however I suggest that you read the eBooks in the following order:

Emotional Abuse – The Truth

23m left of 1.5h

This eBook is a must read, especially if you feel addicted to the abuser. Keep this information on hand if you feel you're struggling to disconnect from contact with the narcissist.

How to do No Contact

23m left of 1.5h

This eBook is a must read, especially if you feel addicted to the abuser. Keep this information on hand if you feel you're struggling to disconnect from contact with the narcissist.

Self-care when recovering from emotional abuse

Carrier 1:20 PM 100%

How do you feel?

Mood log overview

How do you feel today?

Fantastic							
Good							
OK							
Poor							
Not well							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Anxiety

5							
4							
3							
2							
1							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Healing Mood log Diary Meditate Community

Carrier 1:20 PM 100%

## Mood log

How do you feel today?

Fantastic

Good

OK

Poor

Not well

POOR

WHY DO YOU FEEL THIS WAY?

Carrier 1:20 PM 100%

## Mood log

Today, 5 March 2018

Stats on this day

bad very high 4 hours none

Mood Anxiety Sleep Activities

I started thinking more about my childhood and connecting to authentic me as I was when growing up - glowing of hope, happiness and believing in good with all my heart - in good in people and the world. I want to become that girl again but wiser this time and different while keeping these essential part of me. Connecting to my creativity that has been a part of my life as long as I remember myself. Being in caring and loving relationship with my family and people close to me.

