### Source

**External**

- Struck by lightning
  - Economic trauma
  - Stressful work situation
  - Unemployment
  - Violation
  - Crisis
  - Acute physical implication
  - Collapse
  - Explosion
- Nagging darkness
  - Societal changes
  - Cultural and social pressures
  - Seasonal variations
  - Constant small hardships
  - Bullying
  - Injustices
  - Heavy life burdens
  - Family strain
  - Hormonal changes
  - Inherited vulnerability

### Course

**Sudden**

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

**Insidious**

- Personal shortcomings
  - Self blame
  - Low self esteem
  - Negative spiral
  - Unlimited female responsibilities
  - Invisibility
  - Constant
  - Longing for love
  - My personality

### Internal

- Blackout
- Slowly suffocating