

Supplemental Table 1. All identity related quotations from participants organized by cohort and theme.

Identity Themes	Quotations from CHR participants	Quotations from HC participants
<p>Defining a Self-Concept</p>	<p>“I’ve always been a kind of numb person that doesn’t get extremely excited. Also that doesn’t get really sad.” [27]</p> <p>“So I’m actually a transgender person.” [08]</p> <p>“I’ve never really been sociable because I never really got the point of socializing. I see people socializing, and I’m just like, “Do we really need to socialize?” And that really shaped me today because I guess I wouldn’t say I’m having trouble socializing, but just I try to avoid it.” [10]</p> <p>“College isn’t for me. School is not for me. School has never been for me. I haven’t been the straight-A student, so college isn’t for me. I knew that I was going into college, and then after the first semester, I kind of just failed everything. It kind of confirmed my suspicions. I’m not saying like, oh, I came in with the mindset of thinking like, oh, I’m going to fail anyway. I’m not even going to try. I did try. I tried my hardest to do everything the right-- well, I still end up failing, and I’m just like, you know what? It’s not for me. It really causes a lot of stress, causes all of this, causes this and this and that, and I was just like, yeah. I don’t want to do this anymore.” [32]</p>	<p>“I’m just a very in-tune person, I think, with the human condition.” [09]</p> <p>“I consider myself an optimist. And I’m very averse to negativity and I’m pretty adaptable just in various settings.” [12]</p> <p>“I’m very social, so I like interacting with people and talking to people and being around people.” [11]</p> <p>“This is different because I’m usually a morning person. I am a morning person.” [01]</p> <p>“I’m the kind of person that has a few friends, but they’re very close to me, and they’re very important to me.” [14]</p> <p>“I like it because I’m a music person. I listen to music almost all day.” [15]</p> <p>“Nerves are kind of an absence in my life. I never feel nervous or stressed to a large capacity. And I’ve just been like that the whole way.” [12]</p>

“I’m not a people person. I don’t like spending—I don’t like pretending I care about people. It has to be someone that cares or can pretend to care about other people, and I can’t do that.” [22]

“I’m divided into two different people. I’m a rational person, and then I’m an irrational person.” [36]

“I, myself am a little more of a nervous person.” [02]

“I could technically be chill and relax and have a good time with other people, but usually, I’m very more of a lone person when it comes to learning, and where I want to go.” [02]

“I’ve always been someone that I can do anything, I don’t need to be passionate about it. I’ll do it. It’s just I get so jealous about being who have this one passion. And I get so jealous. I wish I had this passion and I’m dying for it. I don’t have that because I feel like I can do anything. And I’m interested in so many things that-- I don’t know. That’s why I feel like I don’t know what to do next.” [03]

“Yes. I’m a walker. I like to walk a lot. I feel like walking is soothing to the soul, so I really enjoy walking.” [04]

“But I guess I was a sickly child since I was really young.” [10]

“I’ve never really liked it. And I felt like I’m not very good at school. Ever since junior high, I just felt like I wasn’t as smart as my classmates.” [08]

“With me it's always just going out and just how people will view me, how people will view what I say or interpret what I say. Nobody'll understand that if I'm-- I don't want to say understand, but I guess I should say-- understand kind of, but appreciate the fact that I'm really just the most kind of laid back, I'm kind of a fun guy. And some people just look at that as they don't appreciate it.” [05]

“I was always attached to something. I was always representing something. I was always a part-- I was never my own person.” [21]

“Plus, I'm just kind of a softy. I really like to-- I'm kind of a people person even if I like to stay and keep to myself socially. When I'm working in a clinic, I really like to just be there for people, whether they're having a good day or a bad day. There's just something about it that I can't put my finger on, but it's amazing.” [23]

“I usually pursue the things I want. I'm not a loafer really. I take pretty hard classes, but I enjoy them. And I'm just like, Oh, I should be more social. I should go to a party. But I'm just like, I don't like going to parties. Why am I beating myself up over this?” [24]

“I'm very much a person to just stay in my corner kind of [laughter]. I'm very much shy and people always say, "Oh, you're so soft-spoken." [27]

“Because at a young age, I was always the only boy. It was always the girls, and now looking back on that, I really feel like my school failed a lot of the boys in our class. Because it was clear that if only one in ten boys is doing academically, then you must be doing something wrong. There has to be some dynamic at play, and I think that's in part because the stereotypes that, "Girls listen, boys speak," kind of thing. And so I guess maybe I'm just the boy who listens, maybe not. Or boy who talks, as seen here. So that has always been a source of like, "Oh, he's not like the other boys," a little bit, has been a hard theme of my life to deal with. I went to an all-boys high school so that really exaggerated it.” [24]

“I sit down and I think all my fears are not really realistic so I don't know what triggers it now, do you know what I mean? Like making sure our relationship is right, making sure the doctors I work for are all right, making sure my family is right. I don't know. I've just always been that person. And I guess I worry a lot if we're being honest.” [31]

“I didn't know you have to really care for yourself before others. I cared for other people. So it's like I don't know. I always try to make sure everyone around me is all right even when I'm not all right.” [31]

“There's no way that he loves me as much as I love him because I can't fathom anybody loving me, love that way because I am so horrifically unattractive to myself.” [36]

“I was always that kid that was quiet.” [35]

“Ever since I was a little kid, people would always-- in elementary school, we would always have to do like, "What do you want to be when you grow up?" And every single time, my answer was the same. Every single time, I was like, "I'm going to go to CollegeB and I'm going to be an actor, and I'm going to do this, this, and this.” [36]

“Obtrusive, they attract too much attention. I never liked attention.” [38]

“My father is a good person. He's good with everybody. He respects everybody. He's almost the same way as me.” [38]

“I'm not the neatest person, but there are certain things that need to be planned out in my opinion.” [39]

“I'm, frankly, average, I guess you could put it that way. Though, I'm supposing my writing is good. And I love science.” [40]

“I know myself. I know my limits.” [45]

“I'm not a talker, I'm an action person.” [45]

“It comes with who I am. It always comes with who I am. I have to take on a lot of people's work.” [45]

“I used to think that a job would kind of define your personality, but I don't think it does.” [07]

	<p>“Because I'm not really a big person at socializing talk. I've never really been that way, but I guess it's nice.” [10]</p> <p>“This is me. I can't really say no. It's been like that for a while. So I've been just trying to get out of my comfort zone and say no more, but I still feel kind of bad. So I just leave it alone.” [10]</p> <p>“I've known what I wanted to do with my life since I was like seven.” [36]</p>	
<p>Identity Themes</p>	<p>Quotations from CHR participants</p>	
<p>Creativity</p>	<p>“I'm a creative person so I like to write. I like to listen to music.” [05]</p> <p>“Because creative writing's been something I've been wanting to do since I was like 10. I just love writing. I love reading the creative writing books and everything.” [32]</p> <p>“To now, it's really unknown, to be honest, because I now have interest to become maybe a singer, or be an actor, or to be a writer, to now also being a photographer.” [13]</p> <p>“And I would just make music that I would want to listen to or that people can rap over or something or sing over. And I made a few albums, and yeah. But it definitely ties in with graphic design because I'll usually make the music off an image. So I would have the cover, like the album art first, and then I would make the music based off that.” [28]</p> <p>“I invest my time mostly in songwriting, and screenplays, dance. Well, I want to make them a career. So for now, they're like investments and I'm putting a lot of hours into it. I'm relaxed at this state. I'm just letting it flow. I just wrote a screenplay, so I'm trying to get it out. It was very ecstatic because of the way I write. I have a notebook. I got inspired. And then I started journaling, and it sounded like a book. And then I'm like, oh my god, this sounds like it could be a movie.” [06]</p> <p>“I rap and sing and do some movement and poetry and depending on the venue, we project images behind me. And I have a few things that I've created just for that. So it's like a multimedia experience.” [21]</p>	

“Because I've done art my whole life. I was in performance art. I did visual art. I have won awards. I was performing.” [39]

“Photography. I get really excited when I finally get some good photos. I've always been good with composition and stuff. But learning how to actually use the camera has been challenging.” [42]

“Started a new website. Trying to get out of teaching. I've been a teacher for the last 10 years or more, but now I'm trying to get into photography and go on with some different directions. My mom. She's an artist. My parents owned an art gallery for 25 years back in Ohio. My grandma was an artist. My aunts and uncles on that side of the family are artists. My cousins are artists. It's in the blood, maybe, if that's really a thing. But maybe just having so much exposure to it.” [42]

“So I ended up quitting horseback riding. And then I moved into dance and cheerleading, and I did aerial, which is like Cirque du Soleil type stuff for a couple years. Yeah. But acting always stayed a constant, so I just kind of continued with that. And I continued to do theater through high school.” [36]

“But yeah, I want to go into the film industry. I kind of just want to have my hands in everything. I want to learn how to produce film. I want to learn how to direct film. I want to learn how to act in film, which is why I'm in a drama program [laughter]. And I want to-- I kind of want to learn how to write. I'm not entirely sure. I don't love my writing right now, but that could change. I don't know. I just kind of want to do everything. And I want to go into theater, as well.” [36]

“So if they have something that they're going to a party or whatever or get-together, whatever, I would enjoy putting outfits together. And I also would help out on the visual merchandising team overnights dressing the mannequins. And that's when I realized, "I enjoy this," dressing the mannequins.” [35]

“But I'm hoping by that time that I move on to PM that I'll land an internship or be able to assist wardrobe stylists, which is what I have been doing off and on. Fashion styling. I help them out on photo shoots, shopping for ad jobs and things like that.” [35]

“I've been into running for stylist. I've actually been credited as an assistant stylist in magazines.” [35]

“I actually was a dancer up until like a year ago. Yeah. So I went to a conservatory kind of high school. It was not really a real school. We just had academics in the morning for like two hours, three hours. And then the whole day was training. And I just trained in dance my whole life anyway, but for high school, middle school years was just like training all day.” [19]

	<p>“Well, I like to sing. So I like to sing around the apartment and everything and that. And at that point, I was also taking voice lessons. So I probably would've joined in 9th grade, but I was really, really nervous because you have to audition and everything. So I just waited till 10th grade. And there was another girl that was auditioning, and I just went with her. And I was like, "Hey, can I go with you?" And then I auditioned. So it's just I like singing. And it's much harder, though, singing with other people.” [29]</p> <p>“I used to play the piano, but that was-- my mom forced me to play the piano. I didn't really enjoy it. I kind of wished that I could play it-- I kind of wish that I could've enjoyed it so I could've gotten better because I like piano music, but I don't think I have the patience or the technique for the piano. Guitar, I think, it fits me more. I'm able to pick up songs pretty quickly. I was able to learn a lot more in six months than I did with two years in piano.” [26]</p>
<p>Identity Development/Formation</p>	<p>“I don't know. I want to do a lot of things but coming from a person who's like, "Do I like this? Do I like that?" I don't really know who I am because I never really got a chance to actually sit down and think because I've been in and out of the hospital since I was young. And to be honest, I thought I was going to die at a really young age. So when I passed that age, it's like what's next?” [10]</p> <p>“That's like you put on your business card or whatever, your LinkedIn profile is, I guess, the thing that is preeminent for most of us. Just for whatever reason, critique it. Who cares. I guess that's why I feel such deep anxiety about it. Like when you say, "I am X." Like, "I am a teacher. I am whatever." What's mine going to be? And why does it have to be one thing? I don't know. Yeah, it's hard.” [24]</p> <p>“It was typical existential dread. I was like, who am I? What am I? Do I like boys? Do I like girls? Do I like anime? Do I like TV? Do I like newspapers? Do I like food? And then also, what am I going to be when I grow up?” [23]</p> <p>“I didn't really have a strong sense of identity. My identity was always what other people made it. It's weird. I'm still trying to figure all that out.” [42]</p> <p>“The thing that terrifies me the most is this uncertainty in my own head because it's like your head makes you who you are. And your thoughts, your consciousness culminates who you are and what you do in life and stuff and your sense of identity. But if I'm not in tune with that, then what can I be in tune with?” [44]</p> <p>“I thought I was this one person, and then I was like, wow. I'm so many different people.” [06]</p>

“I've always been someone that I can do anything, I don't need to be passionate about it. I'll do it. It's just I get so jealous about being who have this one passion. And I get so jealous. I wish I had this passion and I'm dying for it. I don't have that because I feel like I can do anything. And I'm interested in so many things that-- I don't know. That's why I feel like I don't know what to do next.” [03]

“And you're known as the person that's like the knife person. I'm just like, "I don't want that." [07]

“I don't really know who I am as a person. So it just nice to see people and their personalities and see why they are that certain way. And if we have similar experiences, why am I acting this way and they're acting completely different.” [10]

“You try different things, and you still don't know yourself in a way because people see it. My whole personality changed from before, but I don't see it at all.” [10]

“I took a gap year after high school. And then that was sort of a break because I don't know how to do anything else. I've never had a job. I mean, dance was my job.” [19]

“It was almost like for 12, 13 years, I wasn't me, I was the program.” [21]

“I don't believe in anything after death, and I suppose to me it's important-- I mean, how will I be remembered in a way? And for me it's important to think in that way, and as someone who has studied history, I think I'd like to be remembered as someone that tried to help others.” [22]

“So from like 2011 on, I've just been pursuing this like a dog. I'm just like, "Oh my God. I want to be an occupational therapist. I want to be an occupational therapist." And here we are, and I think it's a pretty straightforward story, honestly. I saw it. I was like, "Yeah. It's something I know I'll be good at, and it's something that my quirks and everything won't be the total downfall of the therapeutic relationship.” [23]

“What was driving that? Insecurity. Lack of self-assurance. Me trying to figure myself out. [Insecurity about] who I was. As we stated before, my parents died at an early age. Died when I was an early age.” [25]

“I was just figuring myself out.” [25]

“It's really interesting, also, the way that studies are gendered, too, right? So I think it's really fascinating that I think maybe my pursuit of literature also has to do with social norms around that and kind of the idea of being a real man, like all that stuff. And so I think that's another thing is I don't want to emerge like a fool. And so I think that's why when people keep asking me what I want to do, I feel I don't have something to say. I want to be in control because I was always sort of stereotyped as-- not stereotyped, but maybe just accurately observed, as just being a bit too ditzy, not able to do many tasks, not independent enough, yeah, stuff like that. And I guess I've always struggled to assert myself in front of other people. I feel very nervous. So I guess that's also the reason I like literature, but also the reason I feel like I want to do things that feel socially normal.” [24]

“Well, just because a lot of what I was going through was trying to understand myself and in doing so, I started picking up cues from other people. And instead of turning inwards like I wanted to, I ended up going outwards and just saying, "Oh, this person does this. This person does that." And just trying to combine all of that into my own personality. But then I realize everyone has their own thing. You can't take cues from other people. And just in trying to learn more about the way I think, the way people behave, the way people act, what drives them to do certain things.” [33]

“Well, because I have ideas and goals of who I want to be, and I'm not exactly who I want to be. So that's kind of my biggest struggle, and that's the thing that puts me down the most in life. And when I'm playing basketball, I don't always really think about that. And I think that's one of the only ways to get me to not think about it. I wish I were a lot bigger and stronger and faster, and I wish I were better at sports. I wish I looked different. I wish I were a lot taller. I wish I were more mature. And obviously, things could be a lot worse, but I always want more. And I think that's one of the hardest things for me to deal with because I'm never really happy with-- not happy. I'm never really satisfied with where I'm at, and sometimes it puts me down and then slows me down. So that's why I'm always trying to be who I want to be. But at the same time, it slows my life down because sometimes it demotivates me knowing.” [30]

“And I really want to be the best version of myself I can be.” [30]

“It forced me to learn how to socialize and interact with people, because normally, I stayed by myself. So working retail taught me how to approach people, how to smile, how to try to keep conversations going, and things like that; because outside of it, that was not something that came easy for me.” [35]

“I've known what I wanted to do with my life since I was like seven.” [36]

	<p>“I’m not really interested in anything.” [38]</p> <p>“I boost myself up a lot, and I hated myself a lot. And a lot of that self-deconstruction is criticism on how you could do something better, how you can be better.” [44]</p> <p>“Breaking those type of habits, that was good. Also, my slight little-- not really trusting them. I learned to trust my instructors and the people above me a little bit more, knowing that they actually had good intentions for me as well.” [45]</p>
Feeling Different from Others	<p>“Even when people were to talk or have answers or something, I would think of something totally different. You see the color blue you would think sadness or whatever, but I would sometimes think I guess happiness in a way because the sky, just other stuff like that, and that's what makes me-- it used to make me question myself too. Why am I so weird?” [10]</p> <p>“I just kind of felt like I was just standing there and not having the same experience as everyone else.” [19]</p> <p>“Yeah. It's, to be honest, really interesting to see their stories, and just to see mine, how they are similar, or how they are different.” [13]</p> <p>“I feel like my whole system of thinking is so different from everybody else's.” [43]</p> <p>“I don't know what I should tell people and what I shouldn't because I don't know-- yeah, I don't know what's normal and what's not. So I don't know. Something that I think is abnormal might not be abnormal to somebody else, or somebody that I think is totally normal is not normal to somebody else.” [36]</p> <p>“I always had a different perspective on things. I always wanted to do things a different way.” [41]</p> <p>“Some people feel the-- some people don't feel depressed as frequently as me, and so when I talk about depressing things it's not a big part of their life, so when I bring it up it has a lot more impact on them. Or it's very new to them. Whereas, for me, it's whatever. Because it's every day for me, so.” [26]</p> <p>“I told a friend of mine that I see static behind everything. And I was like, "Yeah. It's just something that people see." And she was like, "I don't have that [laughter]. I don't see static behind anything." And I was like, "Oh. Okay." [36]</p>

“I don't know if the things that I think or the things that I do are normal or not because I feel like they're abnormal. But my entire life, my mom has told me that everything that I'm feeling is entirely normal and everybody feels this way. And so now, I don't know what's normal and what's not.” [36]

“I have never seen another person with a body type similar to mine.” [36]

“So when I tell people that, I'm always a little bit like, oh, man. I held onto it, like I didn't grow up or something.” [23]

“Because at a young age, I was always the only boy. It was always the girls, and now looking back on that, I really feel like my school failed a lot of the boys in our class. Because it was clear that if only one in ten boys is doing academically, then you must be doing something wrong. There has to be some dynamic at play, and I think that's in part because the stereotypes that, "Girls listen, boys speak," kind of thing. And so I guess maybe I'm just the boy who listens, maybe not. Or boy who talks, as seen here. So that has always been a source of like, "Oh, he's not like the other boys," a little bit, has been a hard theme of my life to deal with. I went to an all-boys high school so that really exaggerated it.” [24]

“But my parents thought it was strange. They were like, "You have to have a phone." So, I guess, there's a certain level of what things do you decide to conform to, or what risks am I willing to take to pursue things that I might want, and what am I going to lose as result of that.” [24]

“Well, okay. So for example, yesterday I got concert tickets with two of my friends. And I'm excited, but they're more excited. And I feel like me - what? - maybe two years ago would be really excited. But I'm just not jumping out of my seat to get-- anticipating it. I don't know. It's kind of hard to explain because I'm still going. It's not stopping me from going. But it's just not something I'm like, "Oh my God, I'm going to go to--" On the inside at least. I told my mom. I was like, "I'm going to this concert." But I don't feel so elated that I'm going. Also, with sad things that happens too. When people are really, really devastated about something, I just don't feel as personally devastated.” [19]

“I don't really know who I am as a person. So it just nice to see people and their personalities and see why they are that certain way. And if we have similar experiences, why am I acting this way and they're acting completely different. That makes me think of myself be totally different.” [10]

	<p>“I just don't feel sad about the things that other people get sad about. And I've just not been upset about it. And a lot of my friends have gone through crying and just being upset. I just haven't. But that's just one thing. There's like a million things that-- it's just kind of like everything that everyone has an emotion about, I feel blank. Just like when everyone else is excited, I'm just not as excited.” [19]</p> <p>“Not for me. I really don't care. Probably for other people.” [16]</p> <p>“The way I view things is very different to how other people would.” [25]</p> <p>“I don't consider myself controversial, it's just I tell things the way they seem logically to me. And it seems that we live in a time where very few people have logic. And so a lot of the group-- I don't know if it's politics or philosophy, they just have a different ideology than me. And so a lot of the things I said were probably divisive, I don't know. It just probably didn't sit well with them. And so when I was still friends with them-- they could kind of brush my beliefs aside and just befriend the person that I am, but then I think as we got closer-- like as I got closer to friends, it's like we could start talking about more serious topics. It's like the foundation was already shaky. So when we started talking about more serious topics it's like we were on completely different pages and it was the groups' ideology against mine.” [26]</p> <p>“But they are very loud and obnoxious. They're obtrusive, too. I like that word. Not because I am. I try my hardest not to. There's a lot of people that are, and that's not good.” [38]</p> <p>“But I'm not really worried with people at all looking at me in public. I'm not - what is it? - afraid of crowds or anything like that. Public speaking, that's easy. I mean, I'm not-- many people have lots of big fears if it was public speaking like this. But I'm not.” [44]</p>
<p>Change from a Former Self</p>	<p>“I was always on the go when I felt good about myself. I mean, college started to be tough after a while and overwhelming, and I had to stop. But at the time, I felt proud of myself that I was doing something with my life. And I had goals and I was working towards them. Now, just all a disability.” [35]</p> <p>“Before this [diagnosis], they knew me as someone who was always happy, make sure everybody was comfortable.” [31]</p> <p>“I think that I was a very socially receptive person, maybe. And I don't know. I think I had more of myself to give. But now I don't. That kind of sucks.” [43]</p>

“I'm certainly not the same person I was four years ago.” [24]

“I would rather stay in my room or something. Or I used to go to music festivals a lot. And those would be super fun. I would look forward to them. And then the last one I went to was in July, and I just don't even remember any of it because I just remember being there and just feeling like, this is the least fun thing that I could be doing right now. And it used to be one of the favorite things that I would do with my friends. And it didn't make me excited.” [19]

“And I've come to-- even though it's not-- it's still not completely secure or stable, I should say-- or to my liking, I should say, but I've come to a stable place of living, which is definitely not the case for the last few years.” [21]

“I've just come to a new place as a person, as a woman, in my life and really changed myself with like, okay, now you can do what you want five years ago, you didn't really do that. You kind of did for other people or you took on a whole bunch of other things that made it really easy for you to hide behind other things.” [21]

“And oh, my God. If you told me like two years ago, "In two years, you're going to want to get a PhD," I would say, "You're crazy." So in high school, I was a lot of things, but I was definitely not a studious person who was interested in reading a lot of books and then getting to do a lot of those things. I was never really one of those people despite I was student council president. The whole school knows about who I am, but never really for academia. It was really just me being there and present all the time.” [39]

“Yeah, I have a blatant mistrust of people now.” [36]

“A lot of times, I just don't have energy and motivation. I just want to stay underneath the covers with my cat [laughter]. Sometimes it just feels too much to face the world. It just feels overwhelming. But again, I wasn't always like that. I really wasn't. I used to be in college. I used to be in college. I used to be working full time.” [35]

“I just don't like the subway. And I wasn't always like that, actually. I used to always just be on the go to work and school or wherever else. I had no problem taking the subway. But as of lately, it's been bothering me. I try to breathe in deeply. I try to breathe in deeply and I try to tell myself like, "Come on, you've been here all your life. You used to be able to do this. This is nothing. You could do it. You could do it. You just need to get to your destination. You can do this." And sometimes it helps, and sometimes it doesn't. I just keep shaking. I hate it because I wasn't always like that. I lived in New York all my life. And all of a sudden, I'm not comfortable doing what a New Yorker does. Ride a subway. It's crazy.” [35]

“I haven't socialized in a long time. I haven't even been out like that. Other than a hospital [laughter], I don't really go anywhere anymore.” [35]

“I've been feeling down and getting paranoid in my own home, like I'm being watched or something. Sometimes I don't feel safe in my own home. But recently, my psychiatrist made a change in my medications, so hopefully it gets better. I also feel uncomfortable right in the subway as well, so. But I still do it because I'm trying to get over it, force myself to get over it. But it's very uncomfortable.” [35]

“I just know that two years ago, I would've been excited about-- I was excited about things. Friends, going to see friends or going to parties was really exciting for me. But now I just don't really care. I used to party a lot, a lot, a lot. And since I've moved here, I just haven't gone out.” [19]

“So for example, yesterday I got concert tickets with two of my friends. And I'm excited, but they're more excited. And I feel like me - what? - maybe two years ago would be really excited. But I'm just not jumping out of my seat to get-- anticipating it. I don't know. It's kind of hard to explain because I'm still going. It's not stopping me from going. But it's just not something I'm like, "Oh my God, I'm going to go to--" On the inside at least. I told my mom. I was like, "I'm going to this concert." But I don't feel so elated that I'm going. Also, with sad things that happens too. When people are really, really devastated about something, I just don't feel as personally devastated.” [19]

“I know me two years ago or me a year ago would maybe have a different feeling about it just because I felt really excited about things two years ago.” [19]

“Because I'm not PersonA from PlaceA anymore.” [21]

“Like walking and then I just fall to the ground because of muscle weakness. Just a whole bunch of stuff that didn't happen prior to all these things.” [31]

“Because I've never had an anxiety attack. I had an anxiety attack. I started getting depressed. Things started getting stressful.” [31]

“Before this it was me-- before this it was a very aggressive attitude. A very ignorant attitude. I really didn't sympathize for anybody. I didn't care how anyone felt. It wasn't about them.” [25]

“So last year in September, I fainted. And then I can't remember the whole night from before when I fainted, past till hours afterwards. And ever since then, my ability to visualize is disappeared virtually. I mean, I still can-- I don't know. I can somewhat picture-- if I wanted to picture a face, I'd be able to picture maybe half of a face at a time. It requires a lot of effort for things to really-- not even as it exists as much as I used to, but for things to come into focus. Yeah. And I think my mental-- my mind's eye was so important for me for idiosyncratic reasons, I guess. And ever since then, I've just not been able to bond with people as well. I don't know. Images were such a big part of my life before because I used to picture everything I did before I did it.” [43]

“So one day, I think we met-- me and the hypnotist, we met, and then the next day I woke up, and I just felt like I didn't care. I was numb. And that had happened before, too. That happened probably sometime in the middle of November. But that only lasted for one day, and then I went back to thinking about it all the time. Yeah, there was that one time in late December, where the day after we met, I woke up and I felt numb and I haven't really felt like I cared ever since then.” [43]

“I guess just the change from hyper-focused to not having really anything is-- I don't know if I really was as present as I picture myself being, back then. But I definitely know that it was more than it is now. Having gone from hyper-focused to nothing is a big jump, like you said.” [43]

“I think that maybe in order to avoid dealing with all the feelings that putting my thoughts into words would give me, I didn't do that. And I instead ended up with all these visual representations of thoughts. That's what sucks the most. Now I don't have access to that. But I still assume that I'm not putting thoughts into words the way that I was before all the anxiety started. So now, I just end up with nothing all the time. I'm very slow.” [43]

“You try different things, and you still don't know yourself in a way because people see it. My whole personality changed from before, but I don't see it at all.” [10]

“Because I'm starting to realize now, family is really important.” [40]

“I mean, the love for basketball is still there, but I don't know, after high school, it just hasn't been the same.” [16]

“Since two years ago-- or one year ago. I sort of just changed and then keep everything because it works well.” [38]

“I was younger, I was more of a funny person. When I got older, it gets more of the serious.” [02]

“When I started learning, I guess, at being more serious in general, a lot of my friends pointed out to me that I was being more serious. I guess also in a certain sense it made me not of a group person, more of an on-my-own person, which I guess if you think about, it makes sense, meaning not really having-- for me, I would make sure I would choose rather-- unless I was being nice to someone else, I would choose rather to be sitting on my own or with someone else to learn than just to hang out.” [02]