

TOP SECRET

(This File must not go outside the Office)

File Number

RESTRICTED

Previous Reference

FILE DUPLICATED X 5

Other References see inside of Cover

Mental Health

MH04

Referred to

Date

Referred to

Date

Referred to

Date

WITCHCRAFT 1/FEB 1973

247239Y6ER7FDSUFDMXBMETIW9Y723460E8YGGIEGIDBHWRY74YTGJJSFBOWETWERTYUSE
H647AYEURIHDEWUAIDHRUEWDA848326T7FHABSB08TTDFE73829FNDBEJTYI4393TYFB
ISHUIWIDW7843HI9PFJE88G7SDFG8WKHRWET856847FGHFBWETI436943682467246096
294FHLHDFGKG4367893468979EYT89DFGHUIDFGSDIUWER890809ERFGDFJNVKNJWQLK
987WETGWTUIFGOSGGINXKG98E734CIRCUSJE9523Y5I20THDVHDJGI39T5YWGFHSIG93Y
74YTGJJSFBOWETWERTYUSGHS0GRY2467FGHDWFNYETB46987WETGWTUWU4367WE8FI
74202Y744294FWEDFHG9EHR0848326T7FHABSB4FHJEDFHG9EHR0848326T7FHABSB
WFNSETB46987WETGWTUWU4367XXE8FRET424425838383967IL7L3HFG9G83YTHE92UI
IW9Y723460E8YGGWEGIDBHWRY74YTGJJSFBOWUYTRWDVSNXKG98E734JDBSFIUE9523Y
3TYFBVNG396YEHLT06837RUGHDBJH93YET8AGUDSFVSACVETH247239Y6ER7FDSUFDMXB
WITCHCRAFTKKRKETYEY8436904Y8G5GJJSF8F5FIJIDIH8T99G5BS6G8H7DERWTJFGSH5SI
KRKETWEY8436904Y8G5GJJSF8F5FIJIDIH8T99G5BS6G8H7DERKTJFGSH5SGFJ4A3460HD
DIUGFEW78342879Y97823478T8FGHJJKGDFBJKNFSBERWUOT34BFJBKFGDJERWW4IFBHF
DBHWRY74YTGJJSFBOWUYTRWDVSNXKG98E734JDBSFI367893GHUM4H8F5FIJIDIH8T99G
WJSFBOWY8G5GJJSF8F5FIJIDIH8T99G5BS6G8H7DERWTJFGSH5SGFJ4A3460HDFGNVBB
9523Y5I20THDVHDJGI39T5YWGFHSIG93Y5UFDUWRGQT87YQ3TKJDHVBAGHERTE8FYI
JFDMXBMETIW9Y723460E8YGGIEGIDBHWRY74YTGJJSFBOWETWERTYUSGHS0GRY2467FGH
GHERTE8FG9EHR0848326T7FHABSB08TTDFE73829FNDBEJTYI4393TYFBVE396YEHL
2Y744294FWEDFHG9EHR0848326T7FHABSB4FHJEDFHG9EHR0848326T7FHABSB08TT
ET4244258383839346Q7T08G7SDFG8WKHRWET856847FGHFBWETI4369436824672460
FGKLHDFGKG4367893468979EYT89DFGHUIDFGSDIUWER890809ERFGDFJNVKNJWQLK23
DUHORDERWUUIFGOSGGINXKG98E734JDBSFIUE9523Y5I20THDVHDJGI39T5YWGFHSIG93
RY74YTGJJSFBOWETWERTYUSGHS0GRY2467FGHDWFNYETB46987WETGWTUWU4367WE8
RT74202Y744SCALPHUNTERS EHR0848326T7FHABSB4FHJEDFHG9EHR0SCALPHUNTERS0
FNSETB46987WETGWTUWU4367XXE8FRET424425838383967IL7L3HFG9G83YTHE92UGI
9Y723460E8YGGWEGIDBHWRY74YTGJJSFBOWUYTRWDVSNXKG98E734JDBSFIUE9523Y5I2
7FBVNG396YEHLT06837RUGHDBJH93YET8AGUDSFVSACVETH247239Y6ER7FDSUFDMXBME
OSFKKRKETYEY8436904Y8G5GJJSF8F5FIJIDIH8T99G5BS6G8H7DERWTJFGSH5SGFJ4A34
EY8436904Y8G5GJJSF8F5FIJIDIH8T99G5BS6G8H7DERKTJFGSH5SGFJ4A3460HDFGNVBB
778342879Y97823478T8FGHJJKGDFBJKNFSBERWUOT34BFJBKFGDJERWW4IFBHFSDHGYU
74YTGJJSFBOWUYTRWDVSNXKG98E734JDBSFIUE9523Y5I20THDVHDJGI39T5Y6GFHSIG93
FBOWY8G5GJJSF8F5FIJIDIH8T99G5BS6G8H7DERWTJFGSH5SGFJ4A3460HDFGNVBB2EK
T93509FGKLHDFGKG43678934688HWRY74YTGIBWETI43694368246724609R88GYC
ILT06837RHVBAGHERTE8FJWJSFBOWY8G5GJJSF8F5FIJIDIH8NJAHI547893NYTUSUIHE
SGFJ4A3460HDFGNVBB2EKLQWT93509FGKLHDFGKG43678934688HWRY74YTGIB
98E734JDBSFIUE9523Y5I20THDVHDJGI39T5YWGFHSIG93Y5UFDUWRGQT87YQ3TKJDH
247239Y6ER7FDSUFDMXBMETIW9Y723460E8YGGIEGIDBHWRY74YTGJJSFBOWETWERTYUSE
702TV INUVRAACU4CPTC9CFCU0P8A827ET7C4A8C8P8TTC72870C8N8C ITVI4202TV8N

SECRET

INDEX



01
01

年 月 日

陰 ☁

NO.

DATE

今日 Daddy 同 Mummy 都唔係屋企，..... 已經第七日係咁架啦，應承我一家人去食飯，次次都放飛機 又話日日都有飯食，做嘢緊要口，..... 哼！

自己一個係屋企超無聊囉 電視劇套套都差唔多嘅口 劇情勁悶呀!!! 一個人食飯 煮飯又累 煮完都唔想食 都像出街食好 咩都有得食 唔同我食就算啦~

今日餐放題超正 食完又可以 go shopping 個個月都有 3000 蚊零用錢 都唔知點洗好 今期 Chanel 手袋咁 fashion 緊要買返幾個 屋企個幾個都 out 架啦 等我聽日送俾阿姨先 送新袋俾佢 佢一定開心死

仲有件事搞到我超 sad 囉 嗰個八婆 Jessie 又係我話自己唔見咗 200 蚊喎 真係煩死人 嗰個 200 蚊跌咗都唔執 搞咗一大輪 原來佢自己借咗比人囉 LOL 真係頂佢唔順 比人激親條氣唔順 好在頭先去咗 shopping 滿載而歸

总结来讲，今日都唔係好 lucky，但買野真係好開心呀 吓爆了三

Good night, diary!

蘇菲

~~XXXXXX~~ 晴

TAT..... 我又俾仔飛咗，次次都係咁，勁唔開心，又冇人同我做朋友。

屋企冇人，阿爸阿媽又誤羅低D錢又唔理我，~~我~~根本冇人關心我，勁Down 嚟。

我一唔開心就想 shopping，見到靚野就買，起夾，見到一袋二袋靚靚手袋同衫，就覺得勁有滿足感！

呢日，我一有時間就會去 shopping 行，買咗好多衫同首飾，況咗勁多錢，不過唔覺緊要咗，橫掂阿爸阿媽明明比咁多錢，唔決又唔知擺緊做咩。
~~勁好彩~~ 囉，比我買到最后一件 hui min 嘅咁靚版粉紅衫，勁靚阿！
最近我又買咗好少 ~~Dior~~ Dior 嘅，prada 嘅，Armani 嘅，McQueen 嘅，LV 嘅，Gucci 嘅！仲比我搵到條折咗勁多嘅呢件 Alexander Wang 嘅 design 嘅裙 ~~Im~~ Im，超正阿！而且，呢排係換季，好多店都有清貨大特價，我搵咗勁多貨，有折 ~~咁多~~ 就係要買多啲嘅，咁買對唔住自己，佢家買咗成堆衫 Fu hai mat 仲咸咗咁多條，拆都未拆，真係好期待阿！

今个 week 搵到咁多正貨，真係爽到咁 sad 好都唔記得晒呀！

不過就未到月尾就差咗咁多錢咗，唉，唯有

打電話叫 Dad Num 攞錢 la.....

最善解人意的週記

最近我真是個不單行，倒霉至極點，彷彿被衰神^運身，不愉快的事情接而來，如同洪水猛獸，奪去我的呼吸，難受極了。〃

運的開端是從一個電話開始。大概是星期一上課期間，突然響起一段動聽的音樂，那正是我的手機鈴聲。^{以為同學們尚未發現音樂的水源，我}斷來線，但不到三秒鐘，^{如此來回好幾次，老師卻聽而不聞，幸而沒被}聲再次響起，^{我也當然不跟同學們說，老師不意我接聽}電話，也許他認為^{因這事找我吧！畢竟電話響動次數太頻密，是十分罕見}的狀況。怎料，這個電話的來意竟是告知我，我的信用卡額已經用完，^但破產，更欠下了一大筆卡數。得知這個消息後，我不禁在同學和老師面前破口大罵，^竟不小心說出破產以及欠下卡數的事，隨即受到同學們的嘲諷，^{更被老師}以到教員室門外通知家長並與爸媽接受老師的特別輔導。^{這輔導，問清楚但他更清楚，我}

爸媽得知此事後，然大怒，回到家後也不肯^{負責備我。我還真的不明白他們}在氣甚麼，只不過欠了卡數而已，有什麼大不了，只要他們更努力賺錢，^{解決了，便能滿足他們的喜好，多好的主意。}就能解決了，就^{如果沒有他們，還有政府呀！我去申請綜援就可以，那需他們}要生氣的還應該是我，因為這個該死的電話，令我無^{無故地}被老師以及爸媽責備，^{這是我所不願見}更在同學們面前丟人，一世英名盡喪，^{在後那幾天都受到同學們的嘲諷，說什麼}真是氣死我，要我以後怎見人。這件事不但在^{同學間傳開去，更在老師以及校長間傳開，使我時不時遇到老師或校長都會受一番}教導，^{回到家就要受各媽的嚴教，每次都要手要開的，不像個做家，不嘛，真是}煩死人了。雖然我想做名人，但不是這種名人，^{受盡精神摧殘，我快要瘋}

再者，就是因為這個電話。^{在這幾手內，}每當我經過往日最愛逛的店，我都不由來一陣陣心痛，^{尤其是看到最新款色的衣服、手袋，只能抑制着自己，只能看，不能買，}活得真苦，^{常常覺得皮囊內出血，有種命不久矣的悲觀，很想尋死，這種痛苦想必}即使是最善解人意的你，也不能了解吧！^{有一}成語^不「望梅止渴」^{但為何}我愈望愈渴呢，^{就是因為知道這個道理，我經過往日光顧的店時，都會停下來}一段時間，以解單思之苦。然而，我的痛苦不但沒有減輕，^{反而更為嚴重，}站在那些櫥窗面前，每次都幾乎移不開目光，^{回到家後也魂不守舍，滿腦子都是那些牌子}袋、衣服，^{心揪着，痛着，頭也痛着，}混沌着，人也變得暴躁起來，^{有一次}受不了精神上的磨，

有一怒之下就^而扔掉好幾個名牌手袋、十幾套衣服和幾對鞋子。^後冷靜^想起來，心便更痛。不久，便病倒了，發着高燒，直至收到遠在美國^{居住}的姑媽空運過來的新款名牌裙子，病才好起來，^{可以}再次上學。然而，翌日並不是正常的上課日子或假期，而是^{一年一度}的家長日，我^{不能}跟從爸爸^與他們到學校參加家長日。到校後，不斷受到人們的注目禮，也聽到^{原來那些家長已在學校中等待我的話}那傷人的悄悄話，^{我並不是沒有我的媽媽}我們都感到十分尷尬，如坐針氈，^{課室以外等候的時間簡直度日如年}在^{課室}外等候^{以及負責一事，所以}時，一羣人衝進課室，^是該是警察，^{立案}起訴我，要我在2月28日到XX接受什麼青少年審訊法庭的裁決，真麻煩。

善解人意的週記，你讓我到底做錯了什麼？居然要承受這樣的痛苦，一切的起源就是自那該死的電話，我真是恨透它了。謝謝你，我那可愛的週記，願意默默地聆聽我的遭遇、我的感受，我現在舒服多了，謝謝！

時間：1400-1430 □ Time: 1400-1430 □

確診病症：過度消費(購物狂)

Diagnoses: Excessive consumption
(shopaholic)

跟進情況：

1. 瘋狂購物的情況有明顯的改善，唯仍然偶爾購買一些奢侈品，不能控制自己的購物慾。

2. 經常將過度消費「合理化」，如「今次最後，明天會改」，減少自己的罪惡感

3. 向家人和朋友借錢購買心頭好。

4. 在「自約」期感到不安、焦慮，害怕錯失最後購買機會。

SECRET

備註：過度消費

Remarks:Over consumption(R1,2)

下次覆診日期：20 23 年 6 月2 日

Next visit:6/2/2023

到診日期：2023 年 6 月 3 日

Second Visit:3/6/2023

主診醫生：李頌騫醫生

Doctor:Dr Charlie Lee

TOP SECRET

SECRET

治療：認知行為治療

□ 採取洞見取向的方式

□ 讓他們知道自已的問題，導致的原因，明辨自己的失控行為。分辨「必要」和「想要」如將自己想買的物品以紙筆詳細列出，並將購買的物品按輕重緩急分類詳列

□ 培養更有意義的興趣，轉移注意力，紓緩情緒，如看書、運動、聽音樂。改變生活節奏，避免因壓力而導致購物。

Treatment:

Cognitive Behavioral Therapy(R3)

□ take insight-oriented way

-let her know what the problem is, causing her own runaway behavior. Distinguish between "necessary" and "want". If they have want to buy the items, a pen and paper must be used to list in detail, and set out the priorities classification of the purchase of the items

- To cultivate more meaningful Interest, to divert attention, to relieve the emotional, such as reading, sports, listening to music. Change the rhythm of life, and to avoid the pressure-leading shopping.

SECRET

確診病症：過度消費(購物狂)

- ☐ 經常專注於無法抗拒的購物想法或衝動行為
- ☐ 着重感性消費，忽略理性客觀的目標
- ☐ 消費的刺激感使自己不能自控購物
- ☐ 發生購物行為時，情緒並非處於狂躁或輕躁

Diagnoses: Excessive consumption
(shopaholic)

☐ often focus on the irresistible shopping
ideas or impulsive behavior

☐ focus on emotional consumption, ig-
noring the rational and objective goals

☐ consumer excitement could not control
their own shopping

☐ when shopping, emotion is not in a
manic or hypomanic

SECRET

Symptoms:

☑ Overbought without ability to bear the fee of the bill, e.g named brand, cosmetic, dressing; Bought whenever they want, but not they need, even overtime is spent

☑ Never pay credit card bills, no notification of the bill of bank, cancel the phone number account when asked to pay the bill

☑ Feel excited when shopping, out of control, but feeling worry and sorry for her behavior

☑ When she feels sad, if there is credit cards or money, it will be used to shopping to satisfy her consumer sentiment

SECRET

第一次到診日期：2023 年 5 月 15 日
First Visit: 15/5/2023

主診醫生：李頌驀醫生
lie Lee

Doctor: Dr Char-

時 間：1300-1330 Time: 1300-1330

病徵：1. 經常購買超過自己能力所能負擔之物品，
如名牌手袋、化妝品、衣服等，該物品並非所需，
或所耗之時間超過預定之計畫。

2. 欠下卡數，不願正視銀行賬單或款信，甚至在被
追數時取消電話號碼。

3. 進行購物時表現得十分興奮，不能自控；但於事
後為自己所做的行為感到後悔和內疚。

4. 情緒低落時，只要身上有足夠的金錢，便會馬上
到商場店舖購物，滿足的自己的購物意慾。

SECRET

SECRET

病人病歷紀錄

姓名：蘇菲
Name: Sophie So
性別：女
Sex: F
年齡：16
Age: 16



出生日期：2007 年 7 月 19 日
Date of Birth: 19/7/2007
聯絡電話：95365856
Contact number: 93535856
地址：天水圍青天苑綺雲路夢幻樓9805室
Address: Rm9805, Sky Court, Dream
House, Cloudy Road, Tin Shui Wai



Now consider how long we have before we consume enough of Earth's natural resources so that human life is no longer sustainable. If The Story of Stuff is accurate, we know that 30% of Earth's natural resources have been consumed in the past 30 years. Let's use a conservative estimate of 10% for our global consumption of natural resources in all the previous history up to 1975. Just a guess, but it would appear to be a conservative estimate. This means that we have consumed 40% of Earth's total natural resources up to this moment in human history. No matter how you graph this data, you will generate a consumption curve that is exponential. With a little extrapolation, you would also realize that the human population is likely to consume another 30% - 40% of Earth's remaining resources within the next 10 years. This means that sometime before the year 2020, mankind will have consumed 80% of Earth's natural resources.

Many would probably like to assume that we have until 2020 to fix this problem, but this also assumes that we don't run out of some essential resources before then. What happens if 100% of drinkable water, forests, or coal runs out before then?

It doesn't take a genius to understand that the only way to achieve sustainability in any environment is to consume only what can be replenished or replaced at an equal rate. Not only is our current rate of consumption unsustainable and irresponsible, but our rate of consumption over the next few years will be catastrophic and unconscionable. Does anyone really believe that with a continuously expanding world population, that our consumption rates will stabilize or actually start reversing?

The only way to reverse this spiraling abyss would not only be to halt consumption at their current levels, but we would actually need to reduce our consumption levels to those of nearly 50 years ago. And how do you accomplish that when the world population is continuing to expand out of control with more and more people are uneducated, starving, and suffering?

The Earth experience involves learning everything from conscious evolution to sustainability. Learning to replace what we have destroyed and depleted is part of this experience, but more importantly is learning how to balance our existence with nature.

Here is a quote from the movie "Matrix" that expresses man-kinds' impact on nature and our natural resources. "I'd like to share a revelation that I've had during my time here. It came to me when I tried to classify your species. I realized that you're not actually mammals. Every

SECRET

From The Story of Stuff which was released in late 2007, you may begin to realize just how unsustainable our current human population is on planet Earth. In the past 30 years, we have consumed 30% of Earth's natural resources. The worst part is that only a few of these resources, such as the forests, can even be replenished by mankind. To give some indication of the severity of this crisis, we now have only 20% of old growth forest remaining and 75% of fisheries are producing at or above capacity. The U.S., being the most abusive global consumer with only 5% of the world population, accounts for 30% of the annual worldwide consumption. And to make matters worse, were you aware that 99% of raw materials are discarded within 6 months by various means of being burned, buried, or tossed into the oceans? For more facts and information on The Story of Stuff, please view their fact sheet or the website.

A few of Earth's natural resources such as trees and fish can be replenished, but the reality is that most of the other natural resources can never be replenished by mankind. Earth has a finite amount of oil, coal, and virtually every other resource that is used to sustain life or manufacture our consumable goods.

Recycling is the option that everyone likes to throw out as the way to save our planet and achieve sustainability, but this is only because people don't have all the facts. The fact is that for every one can of waste that's created by consumers, 70 cans are created by corporations. This means that consumers account for discarding only 1.4% of all natural resources that end up as waste. Unfortunately, the majority of

waste that's created by corporations and consumers is toxic or unable to be recycled.

Just for conversation, let's consider the possibility to recycle 100% of consumer waste or in other words, the entire 1.4% of the total waste. But what they also don't tell you is that, only about 15% of that waste is actually capable of being recycled. This means that in the best and most optimal circumstances, only .2% of consumer waste can be reused, the rest still ends up as waste. Is this shedding some light on the problem? The population has been brainwashed into believing that consumers are responsible for the problem and that all we need to do is home recycling to fix the problem. The bottom line is that unless we achieve a high enough recycling rate for corporate waste, recycling will not enable us to achieve anything except conscious awareness.

SECRET

A resource to patient

R3

Over Consumption: To summarize, the human population has been allowed and encouraged to over consume, use and abuse our natural resources to a point where society at large is at an epic crossroads. In other words, as a global population, we have not only become unsustainable, but are knocking on the door to our own extinction.

The cause of this phenomenon can be traced back to various decisions by world governments and controlling influences from the Powers That Be (PTB) shortly after World War II. Whether it started with a paper by Victor Lebow, a 20th century economist, entitled "Price Competition in 1955" (Journal of Retailing, Spring 1955) or he independently reflected the conclusion of the PTB, doesn't really matter.

Lebow's paper discussed the cost of maintaining the American lifestyle in 1955, and the effect this cost had on retail profits. Lebow wrote:

"Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfactions, our ego satisfactions, in consumption. The measure of social status, of social acceptance, of prestige, is now to be found in our consumptive patterns. The very meaning and significance of our lives today expressed in consumptive terms. The greater the pressures upon the individual to conform to safe and accepted social standards, the more does he tend to express his aspirations and his individuality in terms of what he wears, drives, eats- his home, his car, his pattern of food serving, his hobbies".

He further wrote: "These commodities and services must be offered to the consumer with a special urgency. We require not only "forced draft" consumption, but "expensive" consumption as well. We need things consumed, burned up, worn out, replaced, and discarded at an ever increasing pace. We need to have people eat, drink, dress, ride, live, with ever more complicated and, therefore, constantly more expensive consumption. The home power tools and the whole "do-it-yourself" movement are excellent examples of "expensive" consumption."

Even the Chairman for the Council of Economic Advisors, under President Eisenhower, stated the "U.S. economy's ultimate purpose is to produce consumer goods". At some point along the path to economic and social recovery after WWII, the concept of conspicuous consumption was born and integrated into the U.S. and eventually, the world economies. However, it appears that no one was raising the concern or red flag over sustainability of this innovative revolution which has lead us blindly to where we are today.

SECRET

Over-Consumption - The Problem With Over-Consumption

R2

By James Lahey

Over-consumption is defined as the unsustainable use of the planet's resources. Over-consumption is nourished by population growth and by the mentality of "keeping up with the Joneses". This mentality requires buying a constant stream of bigger, newer and better products which cause strains on our natural resources.

Today, water supplies are dwindling because of rapid population growth, especially in the developing world. This is because of the way people consume water in developed countries. It is essential for people to reduce the amount of water they use every day to ensure that enough of this resource remains. This is not only to support for people living on the planet but for all its ecosystems too. Let's not forget that these ecosystems are at the heart of the world's agricultural production.

Another problem with over-consumption is urban development. It can reduce wildlife and their ability to migrate to seasonal feeding grounds. Also, pesticide spraying on crops can run off in our water ways that can kill or harm fish. Even if wildlife is not directly involved in food production, such as insects or large mammals like a elephant, they all play a major role in the health and regeneration of the environment.

By removing just one species can have a negative effect on the entire ecosystem. For instance, when wolves are removed from an ecosystem or when deer hunting is banned, the populations of deer increase well beyond the numbers that the local vegetation can support. This leads to starving deer or deer that has to move to new areas in search of food.

James has been living green for 18 years. Please visit his website on turkey deep fryer that reviews deep fryer products such as a masterbuilt electric turkey fryer that every deep fried

Article Source: <http://EzineArticles.com/2770476>

<http://ezinearticles.com/?Over-Consumption---The-Problem-With-Over-Consumption&id=2770476>

SECRET

Another explained her credit card purchases, "I am paying a lot with credit cards, and I'm hoping the banks go out of business and I won't have to pay them back."

That was not from "The Onion" and those are genuine comments from real people, despite sounding like a outrageous parody of lazy, debt-ridden Americans. Some people are hopeless.

And we overeat, too. Several interesting studies have shown how we underestimate the calories of diet foods, trans-fat free foods, and meals from restaurants that are marketed as health-conscious places with more diet-friendly fare. The result of this miscalculation is that we eat more of supposedly healthier options and in the end consume even more calories.

Referred Link:

<http://sambrummitt.blogspot.hk/2008/12/over-consumption.html>

SECRET

Over consumption

R1

You ever wonder how the United States could have a negative personal savings rate? The reason may be that whatever little we do save throughout the year we blow on holiday shopping in November and December.

In an article about shopping during last week's Black Friday, one shopper remarked that "in the past she would 'spend thousands of dollars on Black Friday' - even withdrawing money from her retirement account."

Another shopper on Black Friday justified her shopping spree on the recession. "The fact that the economy is down has actually led me to spend a little more this holiday season, because there are so many good sales out there today," said Owolagi, a nurse, who spent more than \$1,000 at three retailers by 8:30 am

SECRET