




Isabella Parker's Experience Map


Before Work (9AM - 2PM)


During Work (2PM - 10PM)

After Work (10PM - 12AM)


Actions

 Wakes up in the morning and gets ready for a new day


 Opens phone to text partner but remembers he's already at work and hasn't texted her.

 During her lunch break at the hospital, she texts her partner to check up on him.

 Throughout her shift they miscommunicate over text.

 Finally able to call her partner at night after shift.

 Argue over the phone due to the miscommunication over text earlier.

 Finish calling each other and goes to sleep.

Thoughts

"I can't wait to start the day and talk to my partner!"

"I wish I could talk to him right now... if only we didn't have this time difference."

"I know we're both busy, but I still want to stay connected even when we're at work!"

"I feel like he's mad at me right now and I'm frustrated he didn't talk to me in the morning... does he hate me?"

"It's been a long day and I'm exhausted, but I can't wait to finally talk to and see him."

"I'm so frustrated. I feel like we're not getting through to each other. We can't come to an understanding."

"I'm worried for our relationship because we're not able to solve this conflict. I feel so disconnected from him nowadays. I just wish we could be with each other in-person."

Emotions

High

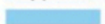
Medium

Low

Happiness

Anxiety

Frustration



Emotions Key