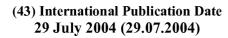
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Fig. 1

<u>Stage A—user conception of personal happiness components</u>
Input of a personal trait system based on the user's conceptions—this action is performed the first time the apparatus is run, and is updated at user defined intervals

Stage B - current personal profile
Input of data based on personal data that the user processes and dictates to the apparatus at a certain given time relative to his perception of satisfaction or dissatisfaction with events happening at that time.

perception of happiness components and their importance to the user – performed after completing the entry of the personal profile.

Stage D - request for providing guidance and advice
In accordance with the user's decision, he can ask to learn from the database in the
apparatus and/or from the external database and/or from a personal guide on how to apparatus amon't not me external authorse amon't min a personal gauce on how or maintain a high happiness index or how to act in order to improve his deteriorated happiness index. This stage can be performed first by entering the emotion type, but the quality of the advice will be more specific if the user makes use of the entire process, because the data will allow the apparatus to choose advice that is relevant to the nicture reflected from the user's data

Stage E - group sharing
In accordance with the user's decision, the user sends other users the results of his
happiness index with additional marks that will allow the data recipients to learn what
his happiness components are, and based on this data perform an average group
calculation, thus supporting the member or group members and gain support
accordingly. The sending and recoving of data from group members will be
performed by cellular or other wireless communication or by landline and Internet
communication. communication.

Stage F - repetition of some or all stages

at the action from stage B or stage A and see the gaps formed due to a change in his feelings and the increase in his aw

(57) Abstract: A method and apparatus allowing the user to characterize a system for monitoring his personal variables affecting his emotional state, and identifying his personal happiness index for himself.Relating to and updating the variables and receiving feedback on them relative to himself and between himself and others. The apparatus is based on various physiological and emotional components, each of which together and individually affect our emotional state.

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C. DOCUMENTS CONSIDERED TO BE RELEVANT
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Further documents are listed in the continuation of Box C. See patent family annex.
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particular relevance  "X" document of particular relevance; the claimed invention cannot be considered novel or cannot be considered to involve an inventive step when the document is taken alone
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