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No.1 Fixer: Mental illness: Sudden Withdrawal from the things which you used to love and it may never come back to you

No.1 Source: It could be different based on the personal life's experience so it varies from person to person, and it could be a withdrawal from a favourite school for a kid, a best organization for an employee or owner, a place of living which was ideal but now due to any circumstances he or she had to migrate, withdrawal of Alcohol, Masturbation, Sudden loss of Wealth and poverty, Chronic disease, Deep love between the couple and sudden Divorce, Sudden Loss of love one, Abandoned children, war & conflicts effected zone, childhood trauma due to rapes and physical abuse, a Mother who had miscarriage and she had been told she can't be a mother anymore, If you promise a child and not able to fulfil for long time it may cause them harm mentally, A loss of pet, A loss of children for a parents, Children left their mother and father for long time, a betrayal, you grown up a company for long time but suddenly somebody ditched & took over from you or board has replaced you with someone, frequent change to residence due to Govt. Job and posting, Birth of a children may change the marital love and affection between couple and once you plan for next within a short interval this can create a gap in your love and relationship between husband and wife so if you had 2 children for an example within a gap of 2 to 3 years then you might suffer almost 7 years due to they were small and need more time and attention they need for study and upbringing, and many more so the theory is anything was part of your love in your life and sudden withdrawal cause huge havoc in life slowly slowly it will make you mentally fragile to adjust from time to time. Withdrawal from Coffee and Alcohol is also caused havoc in your brain and the symptoms might be worsening and prolong for long term, where Coffee is not haram and can be substitute of Alcohol to maintain it as moderation in day-to-day habits, where Alcohol is haram and it has many harmful effects in your life (I have done separate Research on this, please browse it my website)

No.1 Fixer: Say! "inna lillahi wa inna ilaihi raziun, Allahumma ajirni fi Musibati Wakhlifli khairan minha"- We belongs to you Oh! Allah and we shall return to you, give me better than what I lost" All you have to do, "Stop the changes or transition or stop the migration mode" rather Fixed into a single place and career (i.e. Residence & Career together, be happy with it), then other requirements of your life will be controlled from your Home and Career, it will never affect you in future nor you will be more concerned and worry like you used to in before.

No.1 Breaking Point: We often feel bored or adopted a certain life style and we thought constant changes is better and fun, so used to in live a life where we never consider anything permanent rather also fickle to changes no matter it's residence, Job or Business, Organization, friends, relationship, people, places etc. so as a result we often lost the momentum of life and we enter into a trap where we are travelling in a roller and coaster and we ended up with lost control of our life and every start effecting us thus we can't control and it can hit us hard with severe depression, financial loss, loss of relationship, jobs, money, income, fame or reputation etc.