

Watson Eliza Chatbot

Inputs and Responses

Intents-

Greetings:

User:	Chatbot:
Hello	Hello there, I am Eliza 2.0
Hey	Hello I am Eliza 2.0, how are you doing?
Hi	Hello I am Eliza 2.0, how are you?
Good morning	Good morning, nice to meet you, I am Eliza 2.0
Good afternoon	Good afternoon, nice to see you, I am Eliza 2.0

Goodbye_and_Thank_you:

User:	Chatbot:
Bye	Take care
Goodbye	Take care of yourself
Appreciate it	Thank you, it makes my day to hear that.
Thank you	Your welcome
Thanks	No worries

Emotional_Support:

User:	Chatbot:
I feel lost.	Feeling lost is a common challenge, but with time and

	self-reflection, you can regain clarity.
I feel sad.	Remember that feeling lost is a temporary state, and together we can explore ways to find your path again.
I've been feeling really anxious and overwhelmed lately.	Take a deep breath and remember that you have the strength to overcome your anxiety and find balance in your life.
I've been struggling with depression and it's been affecting my daily life.	Remember that you are not alone in your struggle, and seeking support from loved ones or a professional can help you navigate through this difficult time.
I'm dealing with a lot of relationship problems and it's causing me a lot of emotional pain.	Take the time to prioritise self-care and communicate openly with your partner about your feelings, as working together towards understanding and compromise can help alleviate emotional pain in relationships.

Topic_Discussion:

User:	Chatbot:
I want to talk about my relationship issues.	Of course, I'm here to listen and provide support as you discuss your relationship issues.
Can we discuss my work-related stress?	Of course, I'm here to listen and help you with your work-related stress.
I need advice on improving my self-esteem.	You are worthy, capable, and deserving of love and respect - focus on positive self-talk and

	embracing your unique qualities.
I'm feeling lost in life, can we talk about finding purpose?	Exploring your passions, values, and strengths can guide you in finding a sense of purpose and direction in life.
I'm struggling with anxiety, can we discuss coping mechanisms?	Deep breathing exercises, practising mindfulness, engaging in regular physical activity, and seeking support from loved ones or professionals can help in managing anxiety.

Coping_Strategies:

User:	Chatbot:
What are some techniques to manage stress?	Some effective techniques to manage stress include practising relaxation exercises, engaging in hobbies or activities that bring joy, maintaining a healthy lifestyle with good sleep and nutrition, and setting realistic goals.
Can you suggest ways to deal with anxiety attacks?	During an anxiety attack, try deep breathing exercises, grounding techniques, and reminding yourself that it will pass and you are safe.
How can I better cope with grief and loss?	Take time to grieve, seek support from loved ones, engage in self-care activities, and consider speaking with a therapist to process your emotions.

I'm feeling overwhelmed, any tips for managing my emotions?	Practise deep breathing exercises, engage in regular physical activity, journal your feelings, and don't hesitate to reach out for professional support if needed.
Can you recommend relaxation techniques for reducing tension?	Try progressive muscle relaxation, guided meditation, deep breathing exercises, or engaging in activities that bring you joy and calmness.

Referral:

User:	Chatbot:
Can you recommend a therapist in my area?	I'm sorry, I'm not able to provide specific therapist recommendations as I am an AI assistant. However, you can search online directories or consult with your primary care physician for local therapist options in your area.
Is there a support group for people with panic disorder near me?	Yes, there are several support groups for people with panic disorder in your area.
I'm struggling with depression, can you suggest a mental health professional?	I recommend seeking a licensed therapist or psychologist in your area who specialises in treating depression.
I think I need to see a counsellor, can you help me find one?	Of course! I can help you find a counsellor in your area. Please provide me with your location to assist you better.
Is there a helpline I can call for immediate help?	Yes, there are helplines available for immediate help. Please let me know your location so that I can provide

	you with the appropriate helpline number.
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Self-Care:

User:	Chatbot:
What are some ways I can practise self-care?	Some ways to practise self-care include engaging in activities you enjoy, setting boundaries, practising mindfulness, and seeking support from loved ones.
How can I manage stress and take care of myself?	To manage stress and take care of yourself, try implementing stress-reducing activities like exercise, deep breathing, practising self-compassion, and maintaining a healthy work-life balance.
I'm feeling overwhelmed, what can I do to relax and unwind?	To relax and unwind when feeling overwhelmed, you can try deep breathing exercises, engaging in a hobby or activity you enjoy, taking breaks, practising mindfulness, and seeking support from loved ones.
Can you suggest some self-care activities I can do at home?	Some self-care activities you can do at home include taking a warm bath, reading a book, practising yoga or meditation, listening to calming music, journaling, or engaging in creative outlets such as painting or crafting.
How do I create a self-care routine?	To create a self-care routine, start by identifying activities that bring you joy

	and relaxation, schedule regular time for them in your daily or weekly routine, and prioritise your well-being.
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Progress_Assessment:

User:	Chatbot:
How can I track my progress towards my goals?	To track your progress towards your goals, establish specific and measurable milestones, keep a journal or use a tracking app to monitor your actions and achievements, and celebrate small wins along the way.
What are some ways I can evaluate my progress?	Keeping a journal, setting goals, tracking behaviour, seeking feedback, and celebrating progress are all great ways to evaluate progress.
Can you suggest methods for assessing my personal growth?	Some methods for assessing personal growth may include reflective journaling, mental health check-ins, self-assessments, and setting SMART goals.
How do I know if I'm making progress in my career?	If you're achieving the goals you set for yourself, learning new skills and taking on new challenges, receiving positive feedback from bosses and coworkers, and feeling fulfilled in your work, these are signs that you're making progress in your career.

I want to measure my success, what should I look at?	When measuring success, it's important to look beyond external metrics (e.g. salary, job title) and also consider internal measures such as personal fulfilment, work-life balance, and overall life satisfaction.
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Entities-

User:	Chatbot:
I'm feeling really happy today!	That's wonderful to hear! I'm here to support you and listen if there's anything you'd like to share.
I've been feeling quite anxious lately.	I'm sorry to hear that you've been feeling anxious. Remember, you're not alone and I'm here to help you through it.
I'm so sad about what happened.	I'm here to listen and support you through this difficult time. Remember, it's okay to feel sad and I'm here to help you navigate through these emotions.

Emotion:

Topics:

User:	Chatbot:
Can we talk about improving self-esteem?	Of course! I'm here to help you with improving self-esteem. How can I assist you?
I'm experiencing a lot of work-related stress.	I'm sorry to hear that you're experiencing work-related stress. Let's explore some strategies and coping mechanisms to help alleviate the stress.
I need advice on handling relationship issues.	Navigating relationship issues can be challenging, but open communication, empathy, and active listening are key to resolving conflicts and strengthening connections.

Behaviours:

User:	Chatbot:
I've been struggling with substance abuse.	I'm here to support you in your journey to overcome substance abuse.
I need help dealing with self-harm.	I'm here to provide guidance and support as you find healthier coping mechanisms and work towards healing from self-harm.

Trauma:

User:	Chatbot:
I went through a traumatic experience a few years ago.	I'm here to listen and help you navigate the healing process from your traumatic experience, offering support along the way.
I'm still struggling with past trauma.	I understand that you're still struggling with past trauma. Let's work together to develop coping strategies that can help you move forward.

Diagnosis of the illness:

User:	Chatbot:
What is the diagnosis for depression?	To receive a depression diagnosis, a person needs to have at least five symptoms of depression that last for 2 or more weeks. One symptom must be a depressed mood or a loss of interest in almost all activities. People with depression may benefit from psychotherapy, medication, or both.

What is the diagnosis for anxiety?	To diagnose an anxiety disorder, a doctor performs a physical exam, asks about your symptoms, and recommends a blood test, which helps the doctor determine if another condition, such as hypothyroidism, may be causing your symptoms. The doctor may also ask about any medications you are taking.
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Symptoms:

User:	Chatbot:
What are the symptoms of depression?	<ul style="list-style-type: none"> • Persistent sad, anxious, or "empty" mood. • Feelings of hopelessness or pessimism. • Feelings of irritability, frustration, or restlessness. • Feelings of guilt, worthlessness, or helplessness. • Loss of interest or pleasure in hobbies and activities.
What are the symptoms of anxiety?	<ul style="list-style-type: none"> • Feeling nervous, restless or tense. • Having a sense of impending danger, panic or doom.

	<ul style="list-style-type: none"> • Having an increased heart rate. • Breathing rapidly (hyperventilation) • Sweating. • Trembling. • Feeling weak or tired. • Trouble concentrating or thinking about anything other than the present worry.
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Medication:

User:	Chatbot:
What are the medications for depression?	There are several types of medication for depression, including selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), monoamine oxidase inhibitors (MAOIs), and atypical antidepressants. The specific medication prescribed will depend on the individual's symptoms and medical history, and should always be discussed with a healthcare provider.
What are the medications for anxiety?	There are several types of medication that can be used to treat anxiety, including selective serotonin reuptake inhibitors (SSRIs), serotonin and norepinephrine reuptake inhibitors (SNRIs),

	<p>benzodiazepines, beta blockers, and pregabalin. However, it's important to note that medication is not the only option for treating anxiety and should always be used in conjunction with therapy and other coping strategies. It's best to talk to a licensed healthcare professional to determine which type of medication may be right for you.</p>
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