

Chat transcript - 01/09/2022

Chatbot: Hello

13:23

Counsellor: Hi can I get your name please?

13:23

Chatbot: Jane

13:24

Counsellor: Jane, how are you doing today?

13:24

Chatbot: I am feeling particularly on edge after a stressful day at work, I have gone a couple of days without my fix and my withdrawal is getting worse. I don't think I can get through this.

13:24

Counsellor: Stay strong, what's happening here is your brain has gotten used to all the artificial chemical messengers released from the substance that gives you the sensation of feeling high and consequently your body is told to produce less of them.

13:27

Counsellor: Now that you've gone more than 24 hours without those chemicals, your body starts to be lacking in those hormones and causes symptoms such as anxiety.

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Chatbot: I see, the symptoms are quite intense.

13:28

Counsellor: This is a pivotal stage in your addiction recovery. You can do this!

13:29

Chatbot: I just want to feel better.

13:29

Counsellor: You will Jane, just keep believing that you are in control of your body and your decisions. And there will be times when cravings are immense but try to remember that using the substance will not help you in the long run.

13:31

Chatbot: Ok I will try to commit to that

13:31

Counsellor: Great I am glad that you showed up today and reached out to talk about this important matter. Please feel free to reach out again anytime and know that I will be behind you all the way in your commitment.

13:32