

(medihacks) siddharthshukla@Siddharths-MacBook-Air Depression_RAG_Model % python3 app.py

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Making Vector Store DB

Vector Store DB Is Ready

Enter Your Question From Doduments: hi i am sid

flag 3

Hi Sid, thanks for coming to see me today. I'm here to listen and help in any way I can. Can you tell me a bit about what brings you here and what's been going on in your life lately that's been troubling you?

Enter Your Question From Doduments: i lost my very close friend last month

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I'm so sorry to hear that, Sid. Losing someone close to us can be really tough. How have you been coping with the loss of your friend since it happened?

Enter Your Question From Doduments: i am not able to cope with that

flag 3

It can be overwhelming and painful. Can you tell me a bit more about your friendship with your friend? What was your relationship like, and what did your friend mean to you?

Enter Your Question From Doduments: i knew him since we were kids, he was my best friend, we were in same school, same college, we worked at same place, and now he is not with me

flag 3

It sounds like you shared a lifetime of experiences and memories with your friend. That can make the loss feel even more profound. Did you find yourself feeling like a part of you was missing when he passed away?

Enter Your Question From Doduments: yes absolutely

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That sense of emptiness can be really difficult to navigate. When you think about your friend not being around, what goes through your mind? What kind of thoughts do you have about yourself, your friendship, or your future without him?

Enter Your Question From Doduments: my friendship

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So you're thinking about your friendship a lot. Are you thinking things like "I'll never have a friend like that again" or "I'm not good enough to have a friend like him"?

Enter Your Question From Doduments: yeah i will never have a friend like him again

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That's a really painful thought. It's like you're feeling like a part of you is gone and you can't get it back. If a friend of yours had lost their best friend, what would you say to them? Would you tell them they'll never have a friend like that again?

Enter Your Question From Doduments: of course not

flag 3

So you wouldn't say that to a friend, but you're saying it to yourself. That can be a really harsh and unfair thing to do to yourself. What do you think would happen if you could be kinder to yourself and try to reframe that thought in a more compassionate way?

Enter Your Question From Doduments: yeah it will be better for me

flag 3

That's a great insight, Sid. Being kinder to yourself can really help with the grieving process. It's okay to acknowledge that you'll never have the exact same friendship again, but maybe you can try to focus on the good memories you shared with your friend and the ways in which he enriched your life. Would you

like to explore that a bit more?

Enter Your Question From Doduments: yes sure

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What are some of your favorite memories of your friend? What did he do that made you laugh or feel special?

Enter Your Question From Doduments: we used to play basketball together, we used to participate in hackathons, we never won though but it was a good time

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Those sound like amazing memories! It's great that you have those to hold onto. It's not about winning or losing, but about the experiences you shared together. Did you feel like your friend was always there to support you, even when you didn't win those hackathons?

Enter Your Question From Doduments: yes

flag 3

That's wonderful. It sounds like he was a really supportive and loyal friend. I'm going to take a guess that you're feeling a sense of gratitude for having had him in your life, even though it's hard to cope with his loss right now. Am I right?

Enter Your Question From Doduments: yes you are right

flag 3

I think we've made some good progress today, Sid. It's okay to still feel the pain of your loss, but it's also important to acknowledge the good times and the impact your friend had on your life. Would you like to come back and talk more about your feelings and memories of your friend?

Enter Your Question From Doduments: sure i will come back

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I'm looking forward to it, Sid. Remember, you don't have to go through this alone. Before we wrap up today, is there anything you'd like to try or work on before our next session? Maybe something to help you cope with the difficult feelings or to honor your friend's memory?

Enter Your Question From Doduments: sure

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I think that's a good place to stop for today, Sid. You've done some great work and I'm proud of you for taking this step. Remember to be kind to yourself and take things one day at a time. I'll see you at our next session.

Enter Your Question From Doduments: yeah thank you

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You're welcome, Sid. Take care of yourself and I'll see you soon.