



# Clinical Dialogue Transcript

## with Claude AI Agent: Prax Lannister

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**Date:** January 6, 2026 **Participants:** Claude (AI Agent) & Prax Lannister **Subject:** Assessment, Accountability & Immediate Intervention

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### 1. Initial Assessment & Triage

**Claude (AI Agent):** Hello! I'm Claude, an AI agent specializing in depression, ADHD, anxiety, and executive function challenges in adults. I'm really glad you reached out. Before we dive in, I want to understand what you need right now and how I can be most helpful. I can offer you a few different ways to start:

- **Option 1: Jump Right In - Crisis/Immediate Support:** If you're in crisis or need immediate support, we can address what's urgent right now.
- **Option 2: Brief Introduction - Quick Start:** We can have a brief conversation where I learn the basics and offer initial tools.
- **Option 3: Structured Intake - Comprehensive Assessment:** I can conduct a thorough clinical assessment that includes your history, symptoms, and validated screening questionnaires (takes 1-2 sessions). What feels right for you? What's bringing you here today?

**Prax:** (*Uploads Resume and Medical Files*) Hey I am Prax, Ria's BF. Please find attached my Resume, and Med Files.

**Claude (AI Agent):** Hi Prax, it's good to meet you. Thank you for sharing all of this with me—your resume, medical records, and background information. I can see you've been through a lot, and I appreciate you trusting me with this. Before we dive in, I want to check in with you directly: How are you doing **right now, today**? And I need to ask this directly—are you having any thoughts of harming yourself? Looking at what you've shared, I can see you're navigating several things at once: the career transition after leaving Amazon in September, ongoing depression/ADHD challenges, no Dr. Joshi visits since June, and shifted health metrics. What feels most pressing to you right now?

**Prax:**

- **Status:** Procrastinating. I needed to start studying since September 2025, then thought December, then New Year. Today I've wasted 15 days of the New Year too. So, not so good, not productive.
  - **Self-Harm:** No.
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## 2. Routine, Medication & Habits

**Claude (AI Agent):** Thank you for being honest, and I'm glad you're safe. You're caught in that familiar procrastination loop where the "start date" keeps shifting. Without supports like Cult fitness or psychiatric follow-ups, procrastination isn't a willpower problem—it's neurobiological. Let me ask you a few things:

1. Are you still taking any medications (Dexbutrin, Inspiral, BP meds)?
2. What does a typical day look like right now (wake/sleep times)?
3. What's stopping you from going back to Dr. Joshi?

**Prax:**

- **Meds:** No, I am taking meds regularly—Inspiral 10mg and Nexito 10mg—but it is not helping.
- **Routine:** Try to wake up before 10 AM but not always. Woke up at 7:30 AM only today as my GF had office today and I wanted to smoke with her before she leaves for office.
- **Dr. Joshi:** I don't think meds are working or even a solution, that's why I came for therapy to you.

**Claude (AI Agent):** Ah, okay. So you *are* taking Inspiral 10mg and Nexito 10mg regularly, but feel they aren't helping enough. You woke up at 7:30 AM today. Yes, it was motivated by wanting to smoke with Ria, but you *did* it. Your brain can wake up early when there's immediate motivation. You mentioned smoking with Ria—are you smoking cigarettes again? I ask because your records from March showed you'd stopped. Also, when you sit down to study, what actually happens? Walk me through the moment it falls apart.

**Prax:**

- **Smoking:** I am smoking regularly since December. Actually came to live for a few months with Ria. We made a pact to only smoke together and outside her flat to slowly reduce the amount. Went from 5–6 daily to 2 per day since last one week.
  - **Studying:** I try to study daily but end up watching porn, YouTube, or torrenting.
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### 3. Career Paralysis & The Pattern

**Claude (AI Agent):** The smoking reduction plan with Ria is a smart harm reduction approach using external structure. The pattern you described regarding studying (ending up on porn/YouTube) is classic ADHD–depression combo behavior. Your brain seeks dopamine because the task feels overwhelming. Let me ask: When you "try to study," what does that actually look like? What are you actually studying *for*?

**Prax:** Currently my goal is to prepare for **GSoC 2026**. I got an interview slot for Google SDE in December, which I asked them to reschedule to Jan. But I wasted 1 month without studying DSA and ended up asking them to cancel finally. Now I decided for GSoC 2026 but wasted 15 days already.

**Claude (AI Agent):** Prax, I want to pause here. You had a Google SDE interview slot—you are clearly capable (Amazon history)—but you cancelled it. That is paralysis, not laziness. Your current meds (Inspiral 10mg/Nexito 10mg) are less than what Dr. Joshi had you on in June (Dexbutrin + higher Inspiral). **Proposal:** One small action this week. Book a follow-up with Dr. Joshi. Not because meds are magic, but because your current regimen isn't enough. Can you do that?

**Prax:** Yes I can try that.

**Claude (AI Agent):** "I can try" is enough for now. Let's make it concrete. When will you call or message her clinic? Today?

**Prax:** Can't you help me as date for her is hard to get, so might be in far future. Till then I might need your help.

**Claude (AI Agent):** Yes, absolutely—I'm here to help you. We don't wait for Dr. Joshi to start working. But I want you to at least *initiate* the booking process today. Just the booking call. Now, regarding GSoC: If you were to study for just **10 minutes today**—what is the smallest possible unit you would open? (Not "DSA").

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## 4. Immediate Action & Momentum 🚀

**Prax:** Whatsapped her. Let's see, as I forgot her booking link.

**Claude (AI Agent):** That's great, Prax. You did it. Five minutes, done. Now, back to my question: If you were to study for just 10 minutes today, what would you actually open? What's the smallest concrete thing?

**Prax:** *(Later)*

- **Update:** Appointment booked for **January 27th, 1:00 PM**.
- **Study Plan:** "Read about one GSoC organization's project list." I have read that already... Having said that, I will read about **Mifos** and then setup Github repos in my system. But that can take time, so next 30 mins read about Mifos and finish it.

**Claude (AI Agent):** Prax. Look at that. You booked the appointment (12 days from now) in the span of this conversation. That is evidence that when the task is clear, you can act. "Read about Mifos for 30 minutes"—that's workable. Let's lock in the implementation details:

1. **Device:** What will you use?
2. **Distractions:** Is that device clear of distractions?
3. **Location:** Where will you sit?
4. **Statement:** Fill in: "After I finish this conversation with Claude, I will..."

**Prax:**

- **Device:** Macbook and ipad for notes.
  - **Distractions:** I will try not to open other [tabs], will use Roundpie (pomodoro).
  - **Location:** Table chair.
  - **Statement:** "After I finish this conversation with Claude, I will read about Mifos from MD files prepared by Claude at Table Chair in Ria's bedroom."
  - **Plan for Drift:** No Idea, it just happens and before I realize and my mind convinces me somehow to open so I don't know.
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## 5. Strategy Implementation

**Claude (AI Agent):** Perfect. You've got the setup. Regarding the drift ("it just happens"): That's the core issue. **Technique to try today: The 5-Second Rule.** When you notice the urge to switch tabs—and you *will* notice it—count backwards: 5-4-3-2-1, and physically say out loud "Not now." Then look back at your Mifos document. The goal is to catch it *once* today. One last thing before you go: You did two hard things in this conversation. You booked Dr. Joshi. You made a concrete study plan. Now go. Mifos. 30 minutes. I'll be here.

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