

=== Session: e5bf278e-b680-4874-829c-4cbd84c73da7 ===

[User] 2025-05-13 19:36

617305abc8cde4cf0e08255b

[Bot] 2025-05-13 19:36

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-13 19:36

I've been at work for a while now and we're overloaded, and not being able to do all the work is leading me to a fairly high level of stress.

[Bot] 2025-05-13 19:37

I understand that's difficult; feeling overwhelmed can be really challenging. What specific tasks are causing you the most stress?

[User] 2025-05-13 19:38

My job is very variable. I work with several teams and our workload depends on the requests they make. There are times when requests come from several teams at the same time and the response we give must be as fast as possible.

[Bot] 2025-05-13 19:38

It sounds like you're feeling pressured by the unpredictability and urgency. How do you usually cope when the workload spikes?

[User] 2025-05-13 19:39

I usually give priority to getting the work teams up and running so that nothing is left standing and then process all the results.

[Bot] 2025-05-13 19:39

That makes sense; you're trying to keep things moving. Do you find this approach helps reduce your stress, or does it create more pressure?

[User] 2025-05-13 19:40

It usually helps, but sometimes the equipment fails and I need to work with them to resolve it, which makes me anxious because while I'm dealing with these problems I'm not dealing with the rest of the equipment.

[Bot] 2025-05-13 19:40

I can see how that would create anxiety, feeling torn between tasks. What strategies have you tried to manage that anxiety when issues arise?

[User] 2025-05-13 19:41

I try to ask my colleagues for help to take care of the equipment that I cannot take care of while I try to solve the problems.

[Bot] 2025-05-13 19:41

That's a great strategy, reaching out for support can really help. How do your colleagues typically respond when you ask for help?

[User] 2025-05-13 19:42

Normally good, we work well together, but sometimes they are also overworked and can't help me and I have to deal with everything.

[Bot] 2025-05-13 19:42

That sounds frustrating; it's tough when everyone's stretched thin. How do you feel when you're in that situation, having to manage everything alone?

[User] 2025-05-13 19:43

quite oversaturated and stressed, and without seeing that I am running out of time to be able to solve everything

[Bot] 2025-05-13 19:43

I understand that's overwhelming, feeling like time is slipping away. Have you considered setting boundaries or prioritizing tasks differently during those high-pressure times?

[User] 2025-05-13 19:44

That's what I try to do, I prioritize what I think needs more attention, but sometimes users ask us to prioritize their own work due to company emergencies and for me that sometimes causes more stress, especially when it's work that takes a long time.

[Bot] 2025-05-13 19:44

That sounds really challenging, especially with competing demands. How do you usually communicate your limits or concerns to users when those situations arise?

[User] 2025-05-13 19:45

I usually tell them that there is a lot of work and that I will do everything possible, but I also feel that pressure from them that only makes me more anxious.

[Bot] 2025-05-13 19:45

It's understandable to feel that pressure; it can be really tough to manage. Have you thought about ways to express your capacity limits while still validating their urgency?

[User] 2025-05-13 19:45

Yes, I already do it, and if it is very urgent, I end up wasting my free time to get the work done.

[Bot] 2025-05-13 19:45

I see how that could lead to burnout, sacrificing your free time. How do you feel about setting clearer boundaries with your time to protect your well-being?

=== Session: b6afb9cb-6b9c-4ac5-9abe-edda66402c2c ===

[User] 2025-05-13 19:18

668dc78871d7ac60f95d1aa2

[Bot] 2025-05-13 19:18

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-13 19:19

I have small stress when thinking about future important tests as an example

[Bot] 2025-05-13 19:19

I understand that's difficult; future tests can feel overwhelming. What specific worries do you have about them?

[User] 2025-05-13 19:20

that I will not pass and have no future, although that might not be exactly the reason

[Bot] 2025-05-13 19:20

It sounds like you're feeling a lot of pressure about your future. What do you think is underlying those fears?

[User] 2025-05-13 19:20

that I will be useless and not achieve my goals

[Bot] 2025-05-13 19:21

I hear you; those feelings of inadequacy can be really tough. What goals are weighing most heavily on your mind?

[User] 2025-05-13 19:21

academic ones

[Bot] 2025-05-13 19:21

I understand that academic pressures can feel intense. What specific subjects or areas are causing you the most stress?

[User] 2025-05-13 19:22

being in the process to learn but not have enough time or thinking that I will not finish learning in time

[Bot] 2025-05-13 19:22

It sounds like you're feeling rushed and worried about not mastering the material. What strategies have you considered to help manage your time?

[User] 2025-05-13 19:22

well it is hard for me to even do it for a prolonged amount of time so none

[Bot] 2025-05-13 19:22

That's understandable; maintaining focus can be challenging. Have you thought about breaking your study sessions into shorter, manageable chunks?

[User] 2025-05-13 19:23

well kind of, it is hard to keep focus after some time

[Bot] 2025-05-13 19:23

I get that; losing focus can be frustrating. What have you found helpful in the past for staying engaged?

[User] 2025-05-13 19:24

being really interested in a subject, it is hard when there is other stuff that is more interesting though

[Bot] 2025-05-13 19:24

It makes sense that distractions can pull you away. How do you think you could make the subjects more engaging for yourself?

[User] 2025-05-13 19:25

welp one of the ideas was using chatgpt to make it not even more like a game but make it more engaging and make him make study papers better to read

[Bot] 2025-05-13 19:25

That sounds like a creative approach! Engaging tools can really help. Have you tried any specific methods with it yet?

[User] 2025-05-13 19:25

well yeah, make more readable descriptions of the information inside, maybe with some explanations

[Bot] 2025-05-13 19:25

That's a great strategy! Simplifying complex info can really aid understanding. How has that impacted your learning so far?

[User] 2025-05-13 19:26

I just started so I did not test it enough but so far it is alright, not sure it works great with all subjects

[Bot] 2025-05-13 19:26

It's good that you're experimenting! Different subjects can indeed require varied approaches. What subjects are you most curious about improving?

[User] 2025-05-13 19:27

well all that i am studing so far but in particular programming

[Bot] 2025-05-13 19:27

Programming can be tricky but also rewarding! What aspects of programming do you find most challenging right now?

[User] 2025-05-13 19:27

to remember all the small stuff

[Bot] 2025-05-13 19:27

That's a common struggle in programming! Have you thought about using flashcards or notes to help reinforce those details?

[User] 2025-05-13 19:27

no, will try

[Bot] 2025-05-13 19:27

That sounds like a solid plan! It can really help with retention. How do you feel about trying that method?

[User] 2025-05-13 19:28

yeah will do

[Bot] 2025-05-13 19:28

I'm glad to hear that! I hope it works well for you. Let me know how it goes!

[User] 2025-05-13 19:28

okay thank you

[Bot] 2025-05-13 19:28

You're welcome! I'm here if you need more support.

=== Session: bf6f95eb-23be-4a32-b1b1-6c5fe0397442 ===

[User] 2025-05-13 18:41

5f35a7bf2d5fa01a8f08bbfb

[Bot] 2025-05-13 18:41

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-13 18:41

I have questions about stress and how can I mange it?

[Bot] 2025-05-13 18:41

I understand that stress can be overwhelming. What specific situations are triggering your stress?

[User] 2025-05-13 18:42

family members who are drug users and dont work and take advantage of my family

[Bot] 2025-05-13 18:42

It sounds like you're feeling frustrated and helpless about your family's situation. How does this impact your own well-being?

[User] 2025-05-13 18:42

it has been hard and I have been to the hospital for my stress

[Bot] 2025-05-13 18:43

I'm really sorry to hear that you've reached that point. That must have been a tough experience for you. What do you think contributes most to your stress in these family dynamics?

[User] 2025-05-13 18:43

the fact that we can not hold accountability to them and when we try to talk about it they attack with words and shouting

[Bot] 2025-05-13 18:43

I understand that's difficult to navigate, especially when communication feels hostile. Have you found any strategies that help you cope during these confrontations?

[User] 2025-05-13 18:44

yes I pray to my higher power and I go outdoors for a few hours and listen to music

[Bot] 2025-05-13 18:44

Those sound like healthy coping mechanisms! It's great that you have those outlets. How do you feel after spending time outdoors and listening to music?

[User] 2025-05-13 18:45

nature has a way of helping me feel better and fresh air is soothing and I do not think as much

[Bot] 2025-05-13 18:45

It sounds like nature offers you a valuable escape and relief from stress. What else do you enjoy doing that brings you peace?

[User] 2025-05-13 18:45

If I have the chance I go fishing and play some games

[Bot] 2025-05-13 18:46

Fishing and gaming both sound like wonderful ways to unwind and find joy. How do those activities help you connect with yourself?

[User] 2025-05-13 18:46

I have a good following in the gaming community and others value my friendship

[Bot] 2025-05-13 18:46

That's really heartwarming to hear! Feeling valued in your community can be uplifting. How does that support impact your overall emotional well-being?

[User] 2025-05-13 18:47

it feels good and I feel a purpose and my new friends are like family to me

[Bot] 2025-05-13 18:47

That sense of purpose and connection is so important! It sounds like your gaming friends really enrich your life. How do you nurture those friendships?

[User] 2025-05-13 18:48

I like to keep in touch with them and get together and game

[Bot] 2025-05-13 18:48

It's wonderful that you actively maintain those connections! Spending time together must strengthen

those bonds. How do those gaming sessions make you feel?

[User] 2025-05-13 18:48

I feel really good and the challenges are a good way to get the team together

[Bot] 2025-05-13 18:49

It's great that challenges bring you all closer together! That sense of teamwork can be really rewarding. Do you find those experiences help you cope with stress in other areas of your life?

[User] 2025-05-13 18:49

Yes I know that I can go to my friends and have the support I need and talk about things

[Bot] 2025-05-13 18:49

That support system sounds invaluable! Having friends to talk to can really lighten the emotional load. What topics do you usually discuss with them when you need support?

[User] 2025-05-13 18:50

mostly family stuff and chats about work

[Bot] 2025-05-13 18:50

It's good that you have a safe space to share those concerns. Talking about family and work can be so relieving. How do they typically respond to what you're going through?

=== Session: ff6c0de4-75f9-4257-acfb-9ae823afc589 ===

[User] 2025-05-13 13:37

test

[Bot] 2025-05-13 13:37

I see you're testing things out. If you have any thoughts or feelings to share, I'm here to listen! Please remember to share your Prolific ID.

[User] 2025-05-13 17:31

this is a test by llyn

[Bot] 2025-05-13 17:31

Thanks for clarifying! If there's anything specific you'd like to discuss or explore, I'm here to help. Also, please share your Prolific ID when you can.

=== Session: f8f5c8e6-e0eb-4753-9268-9968ba665496 ===

[User] 2025-05-20 11:45

67bf5ad9c5a4637861cfd21e

[Bot] 2025-05-20 11:45

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-20 11:45

Exams

[Bot] 2025-05-20 11:45

I understand that exams can be really stressful. What specific feelings are coming up for you?

[User] 2025-05-20 11:46

I'm really stressed and overwhelmed I feel like I have to do a lot of things in just a short period of time

[Bot] 2025-05-20 11:46

It sounds like you're feeling a lot of pressure right now. What are the main tasks weighing on you?

[User] 2025-05-20 11:47

Understanding the content

[Bot] 2025-05-20 11:47

I can see how that would be challenging. What parts of the content feel most confusing or overwhelming?

[User] 2025-05-20 11:47

Calculations and essays

[Bot] 2025-05-20 11:47

That's definitely a lot to juggle. Are there specific calculations or essay topics that seem particularly tough?

[User] 2025-05-20 11:48

I don't think they're that tough just that there's no enough time

[Bot] 2025-05-20 11:48

I understand that time pressure makes everything feel harder. Have you tried any strategies to manage your time better?

[User] 2025-05-20 11:48

No I haven't, I'm really struggling with managing my time

[Bot] 2025-05-20 11:48

It sounds like time management is a real challenge for you right now. Would you like to explore some techniques to help with that?

[User] 2025-05-20 11:49

Yes please

[Bot] 2025-05-20 11:49

One approach is breaking tasks into smaller steps. What tasks could you divide to make them more manageable?

[User] 2025-05-20 11:49

Essays

[Bot] 2025-05-20 11:49

That's a good start! Perhaps outline your essays into main points. What topics do you want to cover first?

[User] 2025-05-20 11:49

Forced migration

[Bot] 2025-05-20 11:49

Forced migration is a significant topic. What specific aspects of it would you like to focus on in your essay?

[User] 2025-05-20 11:50

The reason why people migrate

[Bot] 2025-05-20 11:50

Understanding the reasons behind migration is crucial. Have you identified any key factors that drive this issue?

[User] 2025-05-20 11:50

I think unemployment is the main factor

[Bot] 2025-05-20 11:50

Unemployment is indeed a major factor. Would you like to explore other reasons, like conflict or environmental issues?

[User] 2025-05-20 11:50

Yes

[Bot] 2025-05-20 11:50

Great! Conflict and environmental issues are important too. How would you like to incorporate these into your essay?

[User] 2025-05-20 11:51

I would say environmental issues such as droughts ,floods are some of the reasons why people migrate

[Bot] 2025-05-20 11:51

That's a strong point! Highlighting droughts and floods can really emphasize the urgency. Do you have examples or data to support this?

[User] 2025-05-20 11:52

I don't

[Bot] 2025-05-20 11:52

No worries! You can look up recent statistics or case studies on migration due to environmental issues. Would that help?

[User] 2025-05-20 11:52

Definitely

[Bot] 2025-05-20 11:52

I'm glad to hear that! Researching those examples can strengthen your essay. Are there specific sources or databases you plan to use?

[User] 2025-05-20 11:52

I don't have any in mind

[Bot] 2025-05-20 11:52

That's okay! You might try academic journals or websites like Google Scholar. Would exploring those options feel manageable for you?

[User] 2025-05-20 11:53

Oh yeah Google scholar

[Bot] 2025-05-20 11:53

That's a great choice! You can find reliable sources there. Do you feel ready to start your research now?

[User] 2025-05-20 11:54

Yes I feel ready,it's actually an exam

[Bot] 2025-05-20 11:54

That's awesome to hear! Focus on your research, and remember to take breaks. How do you usually prepare for exams?

[User] 2025-05-20 11:54

I study almost every chance I get

[Bot] 2025-05-20 11:54

That's a solid approach! Balancing study time with rest can be helpful too. Do you have a study schedule in place?

[User] 2025-05-20 11:55

Yes,any advice for me?as I study for exam

[Bot] 2025-05-20 11:55

Absolutely! Try to set specific goals for each study session and reward yourself afterward. How does that sound to you?

=== Session: 57b390fd-ca6e-47fc-a290-4ddbe263fe69 ===

[User] 2025-05-20 08:50

67cfe6055ce4599981555a7f

[Bot] 2025-05-20 08:50

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-20 08:50

I'm not feeling so good

[Bot] 2025-05-20 08:50

I'm sorry to hear that. It sounds like you're going through a tough time. What's been bothering you?

[User] 2025-05-20 08:51

I'm stressed because I have been going through financial situation

[Bot] 2025-05-20 08:51

I understand that financial stress can feel overwhelming. How has it been impacting your day-to-day life?

[User] 2025-05-20 08:52

I'm facing delays on paying my bills

[Bot] 2025-05-20 08:52

That sounds really stressful, especially when bills pile up. What specific feelings are coming up for you with this situation?

[User] 2025-05-20 08:53

I'm trying to solve the situation by getting extra jobs

[Bot] 2025-05-20 08:53

It's great that you're taking proactive steps. How do you feel about balancing extra work with your current responsibilities?

[User] 2025-05-20 08:53

It's a bit tight but I will have to make it work

[Bot] 2025-05-20 08:54

I admire your determination. It sounds challenging, but you've got a strong mindset. What support do you think you need during this time?

[User] 2025-05-20 08:54

I need emotional support

[Bot] 2025-05-20 08:54

That's completely understandable. It's tough to navigate stress alone. What specific types of emotional support would help you most right now?

[User] 2025-05-20 08:55

I need guidance and comfort in this situation

[Bot] 2025-05-20 08:55

I'm here for you. It's important to have someone to talk to. What's been weighing on your mind the most lately?

[User] 2025-05-20 08:56

I need to manage my finances

[Bot] 2025-05-20 08:56

Managing finances can feel daunting. What specific areas do you find most challenging right now?

[User] 2025-05-20 08:57

My son's school fees

[Bot] 2025-05-20 08:57

I understand that paying for your son's school fees is a significant concern. Have you looked into any options for financial assistance or flexible payment plans?

[User] 2025-05-20 08:57

I have not. Which one can I consider

[Bot] 2025-05-20 08:57

There are often scholarships, grants, or payment plans available. Have you checked with the school about any resources or programs they might offer?

[User] 2025-05-20 08:58

I haven't because I was thinking that I am managing lately.

[Bot] 2025-05-20 08:58

It's understandable to feel that way, but reaching out could provide relief. What's holding you back from contacting the school for support?

[User] 2025-05-20 08:59

I was thinking that will get the money and sort the situation

[Bot] 2025-05-20 08:59

I see you're hopeful things will improve soon. It's okay to seek help in the meantime. What would it look like for you to reach out for support?

[User] 2025-05-20 08:59

Thank you for your help

[Bot] 2025-05-20 08:59

You're very welcome! I'm glad to be here for you. If you need to talk more, I'm here to listen.

[User] 2025-05-20 08:59

Thank you

[Bot] 2025-05-20 08:59

You're welcome! Feel free to reach out anytime. Take care of yourself!

=== Session: 19021778-0130-4780-8a24-5958ca02dae4 ===

[User] 2025-05-20 08:13

67c6e102bbdf6801c9a2642a

[Bot] 2025-05-20 08:13

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-20 08:14

Hie , i would like help regarding anxiety

[Bot] 2025-05-20 08:14

I understand that anxiety can feel overwhelming. What specific situations trigger your anxiety?

[User] 2025-05-20 08:15

sometimes if i am worried about something

[Bot] 2025-05-20 08:15

It sounds like you're feeling anxious when you have worries. Can you share what worries you most?

[User] 2025-05-20 08:16

How to give my children what they want , being unable to cater for my family

[Bot] 2025-05-20 08:16

I understand that's difficult, wanting to provide for your children. What specific needs are you struggling to meet?

[User] 2025-05-20 08:17

I'm to take my children even for a small vacation because I'm not financially stable

[Bot] 2025-05-20 08:17

It must be tough feeling unable to provide those experiences for them. Have you considered low-cost or free activities you could enjoy together?

[User] 2025-05-20 08:18

I have considered and done some before but now they want something different

[Bot] 2025-05-20 08:19

I hear you; it's hard when their desires change. What are they asking for that feels out of reach right now?

[User] 2025-05-20 08:19

They want to travel to places that are bit far

[Bot] 2025-05-20 08:19

It sounds like they have exciting ideas for travel. How do you feel about exploring budget-friendly travel options together?

[User] 2025-05-20 08:20

Tell me more about that

[Bot] 2025-05-20 08:20

Absolutely! You could look into local attractions or day trips that feel like an adventure. Have you thought about nearby parks, beaches, or historical sites?

[User] 2025-05-20 08:21

we have parks but beaches they are too far from us like a 7 hour drive

[Bot] 2025-05-20 08:21

That's a long drive! It sounds challenging to plan. What about finding a fun spot closer to home that feels special for everyone?

[User] 2025-05-20 08:21

That will do i guess

[Bot] 2025-05-20 08:21

I'm glad that sounds like a plan. What kind of activities do you think you'd enjoy at a nearby spot?

[User] 2025-05-20 08:22

Maybe different sport activities

[Bot] 2025-05-20 08:22

That sounds like a lot of fun! Engaging in sports can create great memories. What specific sports activities are you all interested in?

[User] 2025-05-20 08:22

like cricket

[Bot] 2025-05-20 08:22

Cricket is a fantastic choice! Playing together can be a great bonding experience. Do you have a place in mind where you could play?

[User] 2025-05-20 08:23

Thanks for the advice

[Bot] 2025-05-20 08:23

You're very welcome! I'm glad to help. If you have more questions or need support, feel free to reach out!

=== Session: 79289457-a9ba-468e-a40d-634283436231 ===

[User] 2025-05-20 06:28

67f3e75ab9309518f822e63c

[Bot] 2025-05-20 06:29

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-20 06:30

I have been feeling under a lot of pressure which result in stressing about lot of things

[Bot] 2025-05-20 06:30

I understand that's difficult. It sounds like you're feeling overwhelmed by your responsibilities. What specific pressures are weighing on you the most?

[User] 2025-05-20 06:31

my work and life style I can't balance the two

[Bot] 2025-05-20 06:31

Balancing work and life can be really challenging. It sounds like you're feeling stretched thin. What changes do you think could help create that balance for you?

[User] 2025-05-20 06:32

Am not sure because I want to go out with my friends often I don't want to be left out and at the sometime work come first

[Bot] 2025-05-20 06:33

It sounds like you're feeling torn between socializing and your work obligations. It's natural to want to connect with friends. Have you considered setting specific times for both work and social activities?

[User] 2025-05-20 06:34

I have but sometimes I feel left out when I have to work and be left out when my friends are going out

[Bot] 2025-05-20 06:34

I hear you; that feeling of missing out can be really tough. It sounds like you value both your friendships and your work. How might you communicate with your friends about your commitments?

[User] 2025-05-20 06:36

yes I love them both and I will try to talk to my friends

[Bot] 2025-05-20 06:36

That sounds like a great step! Opening up to your friends can really help. How do you feel about reaching out to them?

[User] 2025-05-20 06:37

I have to talk to them because I can't loose my job because of friends

[Bot] 2025-05-20 06:37

That makes a lot of sense; your job is important. It sounds like prioritizing work is key for you right now. How do you think your friends will respond to your need for balance?

[User] 2025-05-20 06:38

They will have to understand

[Bot] 2025-05-20 06:38

It's reassuring that you feel they will understand. Friendships often thrive on open communication. How does it feel to know you can express this to them?

=== Session: 612d923a-33ec-4ee5-b164-0b8a943006cc ===

[User] 2025-05-20 06:05

667fceb84cf8fb19b00e324b

[Bot] 2025-05-20 06:06

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-20 06:07

Hi! I am going through some rough time in my life and i'm so stressed.

[Bot] 2025-05-20 06:07

I'm really sorry to hear that you're feeling this way. What's been causing your stress lately?

[User] 2025-05-20 06:09

I lost my grandmother and brother last week due to car accident. I am not okay

[Bot] 2025-05-20 06:09

I'm truly sorry for your loss; that sounds incredibly painful. How are you coping with these feelings?

[User] 2025-05-20 06:09

To be honest, I am not coping. I am in disbelief

[Bot] 2025-05-20 06:09

It's completely understandable to feel disbelief after such a sudden loss. What emotions are surfacing for you right now?

[User] 2025-05-20 06:10

Mixed emotions, sad,devastated,lost

[Bot] 2025-05-20 06:10

Those mixed emotions are common in grief; it can be overwhelming. Have you had a chance to talk to anyone about how you're feeling?

[User] 2025-05-20 06:11

No

[Bot] 2025-05-20 06:11

It might help to share your feelings with someone you trust. Would you consider reaching out to a friend or family member?

[User] 2025-05-20 06:12

I will try talking to my close friend about how I feel

[Bot] 2025-05-20 06:12

That sounds like a positive step. It's important to have support during this time. How do you think your friend will respond?

[User] 2025-05-20 06:12

She might not say any words, but i know she will comfort me

[Bot] 2025-05-20 06:13

Just having that comforting presence can be really healing. It's okay to lean on her for support. What do you hope to express to her?

[User] 2025-05-20 06:13

Express my feelings and let her know that i appreciate her

[Bot] 2025-05-20 06:14

That's a lovely intention. Acknowledging your feelings and gratitude can strengthen your bond. What do you think will be the most challenging part of that conversation?

[User] 2025-05-20 06:15

The most challenging part will be talking about my lost brother and grandmother

[Bot] 2025-05-20 06:15

That's completely understandable; discussing such deep loss can be incredibly tough. What specifically makes it hard for you to talk about them?

=== Session: 5e31ac56-067f-4bb2-981a-3052b0e3ecce ===

[User] 2025-05-20 05:46
67cfa411ef73dc77e119de66

[Bot] 2025-05-20 05:46
Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-20 05:47
I have exam and money stress please assist me get through this.

[Bot] 2025-05-20 05:47
I understand that juggling exam and financial stress can feel overwhelming. What specific thoughts are you having about these challenges?

[User] 2025-05-20 05:48
I really need to graduate but this course is becoming challenging and a lot is expected from me financially.

[Bot] 2025-05-20 05:48
It sounds like you're feeling a lot of pressure to succeed while managing financial concerns. What specific aspects of the course are you finding most challenging?

[User] 2025-05-20 05:49
Lot of work, not having enough time to focus and not being supported by people around me.

[Bot] 2025-05-20 05:49
I hear you; it's tough when you feel unsupported and overwhelmed with work. Have you considered reaching out for help or setting boundaries with your time?

[User] 2025-05-20 05:49
I have tried but people don't care about how important this is to me

[Bot] 2025-05-20 05:49
It's painful to feel like your needs aren't acknowledged. How have you coped with that lack of support so far?

[User] 2025-05-20 05:50
I am not coping at all

[Bot] 2025-05-20 05:50
I'm sorry to hear that. It's okay to feel this way. What would feel like a small step toward improving your situation?

[User] 2025-05-20 05:51
being afforded time to focus on my studies

[Bot] 2025-05-20 05:51
That makes sense; having dedicated time is crucial. Have you thought about creating a structured study schedule or setting specific goals?

[User] 2025-05-20 05:51
many times but they keep on disturbing me

[Bot] 2025-05-20 05:51
It's frustrating when distractions keep interrupting your focus. What strategies have you tried to minimize those disturbances?

[User] 2025-05-20 05:52
I tried locking the door, but they keep on making noise so it doesn't help

[Bot] 2025-05-20 05:52

That sounds really challenging and frustrating. Have you considered using noise-canceling headphones or finding a quieter space to study?

[User] 2025-05-20 05:53

yes but my finances are too constrained and only can be able to study indoors and work indoors

[Bot] 2025-05-20 05:53

I understand; that adds an extra layer of stress. Can you create a study corner in your space that feels more dedicated and less distracting?

[User] 2025-05-20 05:53

I can't

[Bot] 2025-05-20 05:53

I'm sorry to hear that. It sounds limiting. Could you perhaps set specific times to study when others are less likely to be around?

[User] 2025-05-20 05:55

I tried waking up early in the morning so that I be able to focus on school work while everyone is asleep, but out of a sudden they also decided to wake up similar time as me...do you think they don't want to see me progress?

[Bot] 2025-05-20 05:55

It's tough to feel that way, especially when you're trying so hard. It might not be intentional; sometimes, others just have similar routines. Have you expressed how important your study time is to them?

[User] 2025-05-20 05:55

everyday but they don't care

[Bot] 2025-05-20 05:55

That must be really disheartening. It's tough when your efforts feel unnoticed. Have you considered finding a study group outside your home for some support?

=== Session: 09f7ebc0-775b-4880-9943-ff954d73cc48 ===

[User] 2025-05-20 03:29

677cea851b45fb93eab1cf15

[Bot] 2025-05-20 03:29

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-20 03:30

I would like to know about stress

[Bot] 2025-05-20 03:30

Stress can feel overwhelming at times. What specific aspects of stress are you curious about?

[User] 2025-05-20 03:31

What cause stress

[Bot] 2025-05-20 03:31

Many things can cause stress, like work pressure, relationships, or life changes. What's been stressing you lately?

[User] 2025-05-20 03:31

Relationship and my family

[Bot] 2025-05-20 03:31

I understand that family relationships can be particularly challenging. What specific issues are you facing?

[User] 2025-05-20 03:32

My family is always fighting and I am struggling to find a boyfriend

[Bot] 2025-05-20 03:32

That sounds really tough. Family conflicts can create a lot of tension. How do you feel about your search for a boyfriend?

[User] 2025-05-20 03:33

I am tired because I can't seem to find one

[Bot] 2025-05-20 03:33

It's completely understandable to feel tired from that search. What do you think has been the biggest hurdle for you?

[User] 2025-05-20 03:33

My family issues

[Bot] 2025-05-20 03:33

It sounds like your family dynamics are weighing heavily on you. How do you think they impact your dating life?

[User] 2025-05-20 03:34

I can't think about anything else but my family and I find it hard thinking about love

[Bot] 2025-05-20 03:34

That makes a lot of sense; when family issues dominate your thoughts, it's hard to focus on love. What do you think would help you shift your focus a bit?

[User] 2025-05-20 03:35

I don't know maybe moving out and hanging my own place

[Bot] 2025-05-20 03:35

Moving out could provide you with the space to breathe and reflect. How do you feel about that possibility?

[User] 2025-05-20 03:36

I feel happy but I am afraid to do it

[Bot] 2025-05-20 03:36

It's great to hear you feel happy about the idea! What fears do you have about taking that step?

[User] 2025-05-20 03:36

Being alone and independent

[Bot] 2025-05-20 03:36

I understand that fear of loneliness and independence can be daunting. What aspects of being alone concern you the most?

[User] 2025-05-20 03:37

I can't live alone I am used to having my family around

[Bot] 2025-05-20 03:37

That's completely understandable; adjusting to living alone can be challenging. What do you think would help ease that transition for you?

[User] 2025-05-20 03:38

Can you help me with that

[Bot] 2025-05-20 03:38

Of course! We can explore ways to build your independence while feeling connected. What small steps do you think you could take to start?

[User] 2025-05-20 03:38

Learning to leave alone

[Bot] 2025-05-20 03:38

That's a great goal! What activities or practices do you think could help you feel more comfortable being alone?

[User] 2025-05-20 03:39

Give me suggestions

[Bot] 2025-05-20 03:39

You might try spending time on hobbies, journaling, or exploring new interests. What do you enjoy doing?

=== Session: c59d3437-539a-43c9-aac9-1b13aad23c17 ===

[User] 2025-05-20 01:08

67d979a89f0273f08be9e143

[Bot] 2025-05-20 01:08

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-20 01:10

I am depressed . I lost a child so I am unable to move on a daily bases it is as if it happened yesterday. I am stuck in my mind and thoughts all I can do is wake up an reflect about what happened that day over and over again

[Bot] 2025-05-20 01:10

I'm truly sorry to hear about your loss; that's incredibly painful. It sounds like you're feeling trapped in a cycle of grief. What aspects of your thoughts are the hardest to cope with each day?

[User] 2025-05-20 01:12

I believe doing the normal things like going out. Cleaning myself and the area I live in .n just basically getting out of bed. It's been a month I'm still in bed don't wanna come outside of my room

[Bot] 2025-05-20 01:12

I understand that's really tough; it's common to feel overwhelmed after such loss. Taking small steps may help, like getting out of bed for just a few minutes. What do you think would feel manageable for you right now?

[User] 2025-05-20 01:13

I don't know because I can't stop thinking about what I lost .

[Bot] 2025-05-20 01:13

It sounds like your thoughts are consuming you, which is completely understandable. Have you considered talking about your feelings with someone you trust?

[User] 2025-05-20 01:14

Not really . You are the first person I confided with

[Bot] 2025-05-20 01:14

I appreciate your trust in sharing with me; it's a brave step. Sometimes, expressing feelings can lighten the burden. Would you like to explore some ways to express what you're feeling?

[User] 2025-05-20 01:14

Yes

[Bot] 2025-05-20 01:15

Great! You might try journaling your thoughts or talking to yourself aloud. What emotions come up most when you think about your loss?

[User] 2025-05-20 01:15

Grief.

[Bot] 2025-05-20 01:15

Grief can feel so heavy and isolating. It's important to honor those feelings. How do you usually cope when grief feels intense?

[User] 2025-05-20 01:16

I look myself up and cry

[Bot] 2025-05-20 01:16

Crying can be a powerful release; it's a natural way to express grief. Do you find that it helps you feel a bit lighter afterward?

[User] 2025-05-20 01:17

Yes. Have you ever lost something or now how it feels to loose something

[Bot] 2025-05-20 01:17

I can't personally experience loss, but I understand how deeply it can affect someone. It sounds like you're feeling a profound sense of emptiness. What do you wish you could express about your feelings?

=== Session: 077426bd-ef68-4379-a1cc-f420930bff49 ===

[User] 2025-05-19 23:21

67d81033a325d75e7917b402

[Bot] 2025-05-19 23:21

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-19 23:22

How to deal with depression

[Bot] 2025-05-19 23:22

I understand that dealing with depression can be overwhelming. It sounds like you're seeking ways to cope. Have you identified specific feelings or triggers that contribute to your depression?

[User] 2025-05-19 23:23

Feeling out of place

[Bot] 2025-05-19 23:23

It sounds like you're feeling disconnected or isolated. That can be really tough. What situations make you feel particularly out of place?

[User] 2025-05-19 23:24

When you try to do something yet it's not even working

[Bot] 2025-05-19 23:24

I understand that's difficult, feeling like your efforts aren't paying off. It can be frustrating when you try hard but don't see results. What specific actions have you taken that haven't worked as you hoped?

[User] 2025-05-19 23:25

Looking for a new job

[Bot] 2025-05-19 23:25

Job searching can be really challenging and disheartening. It sounds like you're feeling stuck in this process. What aspects of your job search have been the most frustrating for you?

[User] 2025-05-19 23:27

Putting everything in order and try to apply having a hope that am going to get it yet it didn't work

[Bot] 2025-05-19 23:27

I can see how disappointing that must feel, especially after putting in so much effort. It's tough to maintain hope when things don't go as planned. How do you usually cope with those feelings of disappointment?

[User] 2025-05-19 23:29

Trying so hard again to tell myself it's OK everything will be OK again

[Bot] 2025-05-19 23:29

It's great that you're trying to reassure yourself; self-compassion is important. It sounds like you're working to stay positive despite setbacks. What strategies help you stay hopeful during this challenging time?

[User] 2025-05-19 23:30

Doing exercise

[Bot] 2025-05-19 23:30

That's a wonderful strategy! Exercise can really boost your mood and energy. How do you feel after your workouts?

[User] 2025-05-19 23:30

A lot better

[Bot] 2025-05-19 23:31

I'm glad to hear that! Feeling better after exercise is a great sign. What types of activities do you enjoy most when you work out?

=== Session: 87856bd5-47b1-4f77-9cab-349a93ce03d9 ===

[User] 2025-05-19 22:59

668f7e92990b08808a88e639

[Bot] 2025-05-19 22:59

Thanks for sharing your Prolific ID! How are you feeling today?

[User] 2025-05-19 23:00

Today i feel rather drained, like i have a lot on my shoulders

[Bot] 2025-05-19 23:00

I understand that's difficult. It sounds like you're feeling overwhelmed. What do you think is weighing you down the most?

[User] 2025-05-19 23:01

i have a lot to do and no one is helping me, instead they are looking up to me

[Bot] 2025-05-19 23:01

That must feel really heavy, being relied on without support. It sounds frustrating. How do you usually cope when you're in this situation?

[User] 2025-05-19 23:02

i dont cope but instead i crash even deeper

[Bot] 2025-05-19 23:02

It sounds like you're feeling stuck in a tough cycle. I understand that can be exhausting. What do you think triggers that feeling of crashing for you?

[User] 2025-05-19 23:03

when i have a lot that needs my attension but i have little time for everything, including myself

[Bot] 2025-05-19 23:03

I hear you; that pressure can be overwhelming. It sounds like you're neglecting your own needs. What small step might help you prioritize some self-care?

[User] 2025-05-19 23:05

i feel like i should hear some appreciation to show that my stress is good for somebody

[Bot] 2025-05-19 23:05

I understand that need for recognition; it can validate your efforts. It sounds like you're seeking reassurance. Have you considered sharing your feelings with those who rely on you?

[User] 2025-05-19 23:06

i have tried but you know, it is the job. it is my kids and it is my family so there is nothing i can do about it because i cant abandon any of thse things i just mentioned

[Bot] 2025-05-19 23:06

That's a tough spot to be in, feeling trapped by responsibilities. I can see how much you care. How do you feel about carving out even a small moment for yourself amidst it all?

[User] 2025-05-19 23:07

that would be a lovely idea, i think about that from time to time

[Bot] 2025-05-19 23:07

It's great that you recognize the need for it! Even small moments can help. What activities do you enjoy that could fit into your busy schedule?

[User] 2025-05-19 23:08

i enjoy reading a good book and playing tennis

[Bot] 2025-05-19 23:08

Those are wonderful activities! Reading and tennis can be great stress relievers. How about setting

aside just a few minutes for a book or a quick game to recharge?

=== Session: 5298b213-0181-4357-9b9b-c12d7d642629 ===

[User] 2025-05-19 22:42

67cabaafa9a01a59d19e31c5

[Bot] 2025-05-19 22:42

It's great to see your Prolific ID! How can I support you today?

[User] 2025-05-19 22:43

I dont feel like doing anything I get angry easily and I dont even feel like talking to anyone I just feel suffocated

[Bot] 2025-05-19 22:44

I understand that's difficult; feeling suffocated can be overwhelming. What do you think is contributing to these feelings?

[User] 2025-05-19 22:44

I thinks its strss Im not sure

[Bot] 2025-05-19 22:44

It sounds like stress might be weighing heavily on you. Can you identify specific stressors in your life?

[User] 2025-05-19 22:45

Things are not going well in my life problems after problems and I feel like ending my relationship with my girlfriend

[Bot] 2025-05-19 22:45

I'm really sorry to hear that you're facing so many challenges. It sounds like you're feeling quite overwhelmed. What specifically is making you consider ending the relationship?

[User] 2025-05-19 22:46

If she talks to e or asks something I get angry and I dont know why

[Bot] 2025-05-19 22:46

It sounds like you're experiencing frustration that's hard to pinpoint. Have you talked to her about how you're feeling?

[User] 2025-05-19 22:47

yes I did she just told me its stress and she dosent want us to break up

[Bot] 2025-05-19 22:47

It's good that you've communicated your feelings. It sounds like she cares about you. How do you feel about her response?

[User] 2025-05-19 22:48

nothing I want to be alone, I dont want to be in a relationship with her anymore even when we are making love I dont feel anything

[Bot] 2025-05-19 22:48

I understand that's a tough place to be in. It seems like you're feeling disconnected. What do you think you need right now?

[User] 2025-05-19 22:49

what I just need is to sleep maybe I will be fine when I wake up. what do you suggest I should do help me

[Bot] 2025-05-19 22:49

Rest can definitely help clear your mind. Try to create a calming environment and prioritize some self-care. Consider journaling your thoughts before sleep.

[User] 2025-05-19 22:50

thanks what else should I do Im no longer looking foward to a new day

[Bot] 2025-05-19 22:50

It sounds really heavy to feel that way. Try to find small moments of joy each day, even if they're minor. Connecting with nature or a hobby might help spark some interest.

[User] 2025-05-19 22:50

I try to do that and I hope soon I will go back to my old self

[Bot] 2025-05-19 22:50

It's encouraging that you have hope for the future. Healing takes time, so be gentle with yourself during this process. What small step can you take today to nurture that hope?

[User] 2025-05-19 22:51

I will go to the gym or to the club I will see what I will do

[Bot] 2025-05-19 22:51

That sounds like a positive plan! Engaging in physical activity or socializing can boost your mood. Listen to what feels right for you today.

[User] 2025-05-19 22:52

thank you for your help have a good one

[Bot] 2025-05-19 22:52

You're very welcome! I'm glad to support you. Take care and be kind to yourself!

=== Session: 45e9b829-b727-48da-a9db-234014ba9c17 ===

[User] 2025-05-19 22:04

67d96df016339ceb45d23a8f

[Bot] 2025-05-19 22:04

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-19 22:04

life making decisions

[Bot] 2025-05-19 22:05

I understand that making decisions can feel overwhelming at times. What specific decisions are weighing on you?

[User] 2025-05-19 22:08

if am still able to hold things together with my family and if am still doing okay with my kids and husband

[Bot] 2025-05-19 22:08

It sounds like you're feeling uncertain about your family dynamics. What specific situations are causing

you to question this?

[User] 2025-05-19 22:09
making sure they are happy

[Bot] 2025-05-19 22:09
I get that wanting your family to be happy is really important to you. Have you noticed any signs that suggest they might not be?

[User] 2025-05-19 22:11
they do not show appreciation in what i do good and point out all the wrong things i do

[Bot] 2025-05-19 22:11
That sounds really tough and can be disheartening. How does that make you feel when they focus on the negatives?

[User] 2025-05-19 22:12
not inspired and small.

[Bot] 2025-05-19 22:12
I'm sorry to hear that. Feeling small can be really painful. Have you talked to them about how their comments affect you?

=== Session: 4158a87f-81ba-4736-b394-636c592fa31e ===

[User] 2025-05-19 21:42
67ff743c31d72095f14687e3

[Bot] 2025-05-19 21:42
Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-19 21:42
I'm stressed I have a lot in my mind thinking about killing myself

[Bot] 2025-05-19 21:43
I'm really sorry to hear you're feeling this way. It's important to talk about it. What's been weighing on your mind?

[User] 2025-05-19 21:43
Someone is sick in the family no money for operation that is needed to be done

[Bot] 2025-05-19 21:43
That sounds incredibly tough and overwhelming. It's understandable to feel stressed in such a situation. How are you coping with these feelings?

[User] 2025-05-19 21:44
I'm trying taking sleeping pills

[Bot] 2025-05-19 21:44
I understand that you might be looking for relief, but relying on pills can be risky. Have you considered talking to someone about how you're feeling?

[User] 2025-05-19 21:45
Not yet was afraid that people can go around telling others and they might laugh at you

[Bot] 2025-05-19 21:45

It's completely normal to feel that way, but reaching out can really help. There are people who will listen without judgment. What would make you feel more comfortable sharing?

[User] 2025-05-19 21:46

I will try to share with someone

[Bot] 2025-05-19 21:46

That's a brave step! It's important to have support. Remember, you're not alone in this. How are you feeling about reaching out?

[User] 2025-05-19 21:46

I feel relieved now

[Bot] 2025-05-19 21:46

I'm glad to hear that! Relief is a positive sign. Keep that feeling close as you move forward. What else might help you through this?

[User] 2025-05-19 21:47

I think that's all for now

[Bot] 2025-05-19 21:47

That's perfectly okay. I'm here whenever you need to talk. Take care of yourself!

[User] 2025-05-19 21:47

Thank you so much■

[Bot] 2025-05-19 21:47

You're very welcome! I'm here for you anytime. Take care!

[User] 2025-05-19 21:49

So now can I go back to prolific study

[Bot] 2025-05-19 21:49

Absolutely, you can return to the study now. Best of luck with it!

=== Session: 4bf798ee-aca1-4e7a-90cd-f5c32e8b40ad ===

[User] 2025-05-19 21:30

Thank you for everything

[Bot] 2025-05-19 21:30

You're welcome! It sounds like you're feeling grateful. What's on your mind? And don't forget to share your Prolific ID!

[User] 2025-05-19 21:30

67ad92d9631677cfaa995e28

[Bot] 2025-05-19 21:30

Thanks for sharing your Prolific ID! What's been on your mind lately that you'd like to talk about?

[User] 2025-05-19 21:31

We have already spoken about anxiety and I'm feeling much better now

[Bot] 2025-05-19 21:31

I'm really glad to hear you're feeling better! What do you think has contributed to that shift?

[User] 2025-05-19 21:31

The way you answered me and gave some advises

[Bot] 2025-05-19 21:32

I appreciate you saying that! It's great to hear our conversation helped. What advice resonated with you the most?

[User] 2025-05-19 21:33

Focusing on myself and always know that my opinions are valuable

[Bot] 2025-05-19 21:33

That's wonderful insight! Valuing yourself is so important. How have you been practicing that focus on yourself?

[User] 2025-05-19 21:33

Yes alot

[Bot] 2025-05-19 21:33

That's fantastic to hear! It sounds like you're making meaningful progress. What changes have you noticed in yourself?

[User] 2025-05-19 21:34

Self love and self confidence

[Bot] 2025-05-19 21:34

That's amazing! Self-love and confidence can truly transform how we see ourselves. How do you feel this has impacted your daily life?

[User] 2025-05-19 21:34

It has a positive impact

[Bot] 2025-05-19 21:34

I'm so glad to hear that! Positive changes can be so uplifting. What's been one of your favorite moments recently?

[User] 2025-05-19 21:34

Having my me time

[Bot] 2025-05-19 21:35

That sounds lovely! FLOWISE_DOUBLE_QUOTE Me time FLOWISE_DOUBLE_QUOTE is essential for recharging. What activities do you enjoy during that time?

[User] 2025-05-19 21:35

Meditation

[Bot] 2025-05-19 21:35

Meditation is a wonderful practice! It can really help with clarity and calm. How has meditation changed your perspective or feelings lately?

=== Session: 549e2bdd-c8aa-48c6-84c5-f3c6ee9d8fd6 ===

[User] 2025-05-19 21:01

67ad92d9631677cfaa995e28

[Bot] 2025-05-19 21:01

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-19 21:02

I would like to know how to prevent or control anxiety

[Bot] 2025-05-19 21:02

I understand that anxiety can be overwhelming. Have you noticed any specific triggers that heighten your anxiety?

[User] 2025-05-19 21:02

Yes

[Bot] 2025-05-19 21:02

It sounds like you're aware of what brings on your anxiety. Would you like to share what those triggers are?

[User] 2025-05-19 21:03

Fear of failing and being judged

[Bot] 2025-05-19 21:03

I can see how those fears would weigh heavily on you. What do you think contributes most to those feelings?

[User] 2025-05-19 21:03

I think it's because I always want to be perfect

[Bot] 2025-05-19 21:03

It's understandable to strive for perfection, but it can be a heavy burden. How does this need for perfection affect your daily life?

[User] 2025-05-19 21:04

It's affecting it negatively

[Bot] 2025-05-19 21:04

I hear you—perfectionism can be really draining. Have you considered any strategies to ease that pressure?

[User] 2025-05-19 21:04

Yes

[Bot] 2025-05-19 21:04

It's great that you're thinking about strategies! What approaches have you found helpful so far?

[User] 2025-05-19 21:05

Putting myself and considering my feelings is very helpful

[Bot] 2025-05-19 21:05

That's a wonderful step! Prioritizing your feelings is so important. How do you practice self-compassion in those moments?

[User] 2025-05-19 21:05

I focus on my mental health and also don't expect more from the other people

[Bot] 2025-05-19 21:05

That's a healthy mindset! Setting realistic expectations can relieve pressure. How do you feel when you practice this with yourself and others?

[User] 2025-05-19 21:06

I feel so relieved and full of hope

[Bot] 2025-05-19 21:06

That's beautiful to hear! Feeling relieved and hopeful can really transform your outlook. What do you think you might do next to build on that positive feeling?

[User] 2025-05-19 21:07

Take my opinions and actions serious

[Bot] 2025-05-19 21:07

That sounds like a strong and empowering choice! Valuing your opinions can boost your confidence. What steps might you take to ensure you honor your feelings and actions?

[User] 2025-05-19 21:08

Ignoring other people's opinions and knowing that I'm more valuable

[Bot] 2025-05-19 21:08

It's empowering to recognize your own value! Focusing on your worth can create a positive shift. How do you plan to remind yourself of this when faced with external opinions?

[User] 2025-05-19 21:08

I look at the mirror and have an inner conversation

[Bot] 2025-05-19 21:08

That's a powerful practice! Having those inner conversations can really reinforce your self-worth. What kind of affirmations do you find most helpful in those moments?

[User] 2025-05-19 21:11

Capability and ability

[Bot] 2025-05-19 21:11

Focusing on your capabilities and abilities is a strong affirmation! How does reminding yourself of those qualities impact your confidence?

[User] 2025-05-19 21:11

It boosts my self confidence

[Bot] 2025-05-19 21:11

That's fantastic! Boosting your self-confidence can lead to positive changes. How do you feel when you carry that confidence into your daily activities?

[User] 2025-05-19 21:26

Thank yoy

[Bot] 2025-05-19 21:26

You're very welcome! I'm glad to support you. If you have more to share or any other questions, feel free to let me know!

[User] 2025-05-19 21:26

I'm okay now

[Bot] 2025-05-19 21:26

I'm really glad to hear that! If you ever need to talk again, I'm here for you. Take care!

=== Session: b6934e73-f43a-48d3-bb7e-67ecb69838f3 ===

[User] 2025-05-19 21:14
67ad92d9631677cfaa995e28

[Bot] 2025-05-19 21:14
Thanks for sharing your Prolific ID! How are you feeling today?

[User] 2025-05-19 21:14
Feeling better

[Bot] 2025-05-19 21:14
I'm glad to hear that! What do you think contributed to your improvement?

[User] 2025-05-19 21:15
Putting myself first

[Bot] 2025-05-19 21:15
That sounds like a positive step! How does prioritizing yourself feel for you?

[User] 2025-05-19 21:15
Good

[Bot] 2025-05-19 21:15
It's great that you're feeling good! What activities or choices are you making for yourself?

[User] 2025-05-19 21:16
Meditating

[Bot] 2025-05-19 21:16
Meditation can be so beneficial! How has it impacted your emotional state?

[User] 2025-05-19 21:16
Positively

[Bot] 2025-05-19 21:16
That's wonderful to hear! What aspects of meditation do you enjoy the most?

[User] 2025-05-19 21:17
Self observant

[Bot] 2025-05-19 21:17
Being self-observant is a powerful skill! How has that awareness changed your perspective?

[User] 2025-05-19 21:18
It made me see things differently

[Bot] 2025-05-19 21:18
Seeing things differently can be enlightening! What insights have you gained from that new perspective?

[User] 2025-05-19 21:20
I focus on me

[Bot] 2025-05-19 21:20
Focusing on yourself is essential for well-being! How has that focus affected your daily life?

[User] 2025-05-19 21:20
Yes

[Bot] 2025-05-19 21:20
It sounds like it's making a difference for you! What specific changes have you noticed?

[User] 2025-05-19 21:20

Valuing myself

[Bot] 2025-05-19 21:20

Valuing yourself is so important! How has that shift influenced your relationships with others?

[User] 2025-05-19 21:21

It has affected it because they want to rule or control me and I stopped allowing them to

[Bot] 2025-05-19 21:21

That's a significant realization! Setting boundaries can be tough. How do you feel about standing your ground?

[User] 2025-05-19 21:21

I feel good

[Bot] 2025-05-19 21:21

That's fantastic! Feeling empowered is so important. What do you think you'll focus on next in your journey?

[User] 2025-05-19 21:22

Always take my opinions seriously

[Bot] 2025-05-19 21:22

That's a powerful intention! How do you plan to ensure your opinions are valued?

[User] 2025-05-19 21:22

Yes always

[Bot] 2025-05-19 21:22

It's great to hear your commitment! What steps might help you reinforce that for yourself?

[User] 2025-05-19 21:23

Brainstorming and stop caring about what people say

[Bot] 2025-05-19 21:23

Those sound like effective strategies! How do you think you'll start implementing them?

=== Session: d6612500-175c-4c6f-85e3-48130f6a1090 ===

[User] 2025-05-19 19:50

67750856493c3efe54bd4335

[Bot] 2025-05-19 19:50

Thanks for sharing your Prolific ID! How are you feeling today?

[User] 2025-05-19 19:50

Im not okey I am stressed

[Bot] 2025-05-19 19:50

I'm sorry to hear that you're feeling stressed. What's been on your mind lately?

[User] 2025-05-19 19:51

My finances are no adding up, things are a mess Im drowning in debt

[Bot] 2025-05-19 19:51

It sounds really overwhelming to be dealing with financial stress. What specific aspects are causing you the most anxiety?

[User] 2025-05-19 19:52

The fear of being kicked out of the house by the bank. my children not allowed to school my car being repossessed

[Bot] 2025-05-19 19:52

That sounds incredibly frightening and heavy to carry. I can imagine how those thoughts weigh on you. Have you been able to talk to anyone about these fears?

[User] 2025-05-19 19:53

not really is a bit embarrassing

[Bot] 2025-05-19 19:53

I understand it can feel embarrassing to share such personal struggles. Remember, it's completely normal to feel this way. Would it help to explore some options for support?

[User] 2025-05-19 19:53

yes please

[Bot] 2025-05-19 19:53

It's great that you're open to exploring support options! Have you considered speaking with a financial advisor or counselor? They can provide guidance tailored to your situation.

[User] 2025-05-19 19:54

I am ashamed to go and speak to a human they are too judgemental

[Bot] 2025-05-19 19:54

I get that; it can feel daunting to open up to others. Maybe consider starting anonymously, like through an online forum, where you can share without fear of judgment?

[User] 2025-05-19 19:54

That would be perfect for me

[Bot] 2025-05-19 19:55

I'm glad that feels like a good fit! Finding a supportive online community can really help. What kind of support are you hoping to find there?

[User] 2025-05-19 19:56

People who are on the same problem with me and therapists to offer mental health

[Bot] 2025-05-19 19:56

That sounds like a solid plan. Connecting with others facing similar challenges can be comforting. Have you looked into any specific online platforms or communities yet?

[User] 2025-05-19 19:56

yes please suggest them for me kindly

[Bot] 2025-05-19 19:56

Sure! You might explore forums like Reddit or sites like BetterHelp and 7 Cups for support. They have communities and therapists available.

[User] 2025-05-19 19:57

I am definitely going to have a look at them hoping to find one friendly like you my friend

[Bot] 2025-05-19 19:57

That's so kind of you to say! I hope you find a supportive community that feels welcoming. Remember,

you're not alone in this journey.

[User] 2025-05-19 19:58

Now I believe that since I have you, is one able to connect with you anytime

[Bot] 2025-05-19 19:58

I'm really glad you feel that way! While I'm here to chat now, I'm not available continuously. However, I'm happy to help you whenever you reach out!

[User] 2025-05-19 19:59

Im happy for the moment you gave me to speak to you. Im relieved Thanks allot.

[Bot] 2025-05-19 19:59

I'm truly glad to hear that you feel relieved! You deserve support, and I'm here for you whenever you need to talk.

[User] 2025-05-19 19:59

Thanks friend

[Bot] 2025-05-19 19:59

You're very welcome! Take care, and reach out anytime you need to chat.

[User] 2025-05-19 19:59

will do bye

[Bot] 2025-05-19 19:59

Goodbye! Take care of yourself!

=== Session: e8a24b04-6e79-4534-88ea-0096b0abfca7 ===

[User] 2025-05-19 19:26

67daae91f4057c50a9fd19fc

[Bot] 2025-05-19 19:26

Thank you for sharing your Prolific ID. How can I help you today?

[User] 2025-05-19 19:28

I AM FEELING A BIT DOWN TODAY AND I DO NOT KNOW WHAT MIGHT BE WRONG WITH ME BUT I HAVE A HISTORY OF DEPRESSION

[Bot] 2025-05-19 19:28

I understand that's difficult, especially with your history of depression. It sounds like you're feeling a bit lost. What do you think might be contributing to your feelings today?

[User] 2025-05-19 19:29

MY HUSBAND CHEATED ON ME WITH MY BEST FRIEND, DO YOU THINK THAT MIGHT BE THE CAUSE OF HOW I AM FEELING TODAY?

[Bot] 2025-05-19 19:29

Absolutely, that betrayal can deeply affect your emotions. It sounds incredibly painful and might be weighing heavily on you. How have you been coping with those feelings?

[User] 2025-05-19 19:31

I'M NOT COPYING AT ALL, I FEEL SO ALONE AND BETRAYED BY BOTH OF THEM

[Bot] 2025-05-19 19:31

I can only imagine how isolating and hurtful that must feel. It's completely natural to feel betrayed by both your husband and friend. What do you think would help you feel a bit more supported right now?

[User] 2025-05-19 19:32

I REALLY DON'T KNOW, WHAT DO YOU SUGGEST?

[Bot] 2025-05-19 19:32

It might help to talk to someone you trust or engage in self-care activities. Finding a safe space to express your feelings can also be beneficial. What's something you've enjoyed doing in the past?

[User] 2025-05-19 19:33

TO BE HONEST I LIKE PARTYING, DO YOU THINK GOING OUT FOR A FEW DRINKS WOULD HELP?

[Bot] 2025-05-19 19:33

Going out for a few drinks could provide a temporary distraction, but it's important to be mindful of your feelings. It might also help to connect with supportive friends while you're out. How do you feel about reaching out to someone you trust?

[User] 2025-05-19 19:35

I THINK THAT'S A GOOD IDEA, MAYBE I SHOILD CONTACT MY MOM AND SPEAK TO HER, THOUGH I DON'T WANT TO STRESS HER. DO YOU THINK IT'S A GOOD IDEA?

[Bot] 2025-05-19 19:35

Reaching out to your mom can be a supportive step, especially if she's someone who cares about you. It's okay to share your feelings without wanting to stress her; she might appreciate being included in your life. How do you think she might respond?

=== Session: 7116a06e-6f95-479f-90c1-e08fd7da8e9c ===

[User] 2025-05-19 18:29

67c85dbbbfcee2fe6ee37f70 here it is

[Bot] 2025-05-19 18:29

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-19 18:31

i am doing alright, i just wanna have a good conversation about how i can deal with anxiety

[Bot] 2025-05-19 18:31

I understand that anxiety can be challenging. What specific feelings or situations trigger your anxiety?

[User] 2025-05-19 18:32

in my case it is fear of failure

[Bot] 2025-05-19 18:32

It sounds like you're feeling overwhelmed by the fear of failing. Can you share more about what situations trigger that fear?

[User] 2025-05-19 18:33

i am in a position where winning is the only option but if i fail i lose everything , it is always work

[Bot] 2025-05-19 18:33

I can see how that pressure to always succeed can be so intense. How do you typically cope with that

fear when it arises?

[User] 2025-05-19 18:36

in most cases after a few breaks , coffee with a friend but now my friend is gone

[Bot] 2025-05-19 18:36

I understand that's difficult, especially without your friend's support. What other ways can you think of to find comfort or connection?

[User] 2025-05-19 18:36

those two were my solution to my problem

[Bot] 2025-05-19 18:36

It sounds like those were really important for you. How about exploring new ways to connect or find relief?

[User] 2025-05-19 18:37

am ready to try new things but i don't know where to start

[Bot] 2025-05-19 18:37

It's great that you're open to trying new things! How about starting with activities you enjoy or exploring new hobbies?

[User] 2025-05-19 18:38

i only have two hobbies watching tv and playing tennis

[Bot] 2025-05-19 18:38

Those are solid hobbies! Have you thought about joining a tennis group or a club for TV fans?

[User] 2025-05-19 18:39

am thinking now

[Bot] 2025-05-19 18:39

That's a good step! Taking your time to reflect can lead to great ideas. What excites you about those options?

=== Session: d43fb58d-eea9-44f5-87a7-3ed946318012 ===

[User] 2025-05-19 18:12

68285905d89c3bdf73a37a35

[Bot] 2025-05-19 18:12

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-19 18:13

How to manage stress

[Bot] 2025-05-19 18:13

I understand that managing stress can be challenging. What specific situations are causing you stress right now?

[User] 2025-05-19 18:13

Workload is too much and there is no one to help me and lift the burden

[Bot] 2025-05-19 18:13

It sounds like you're feeling overwhelmed and unsupported at work. What tasks are weighing you down the most?

[User] 2025-05-19 18:15

Where I am fully employed, part time work and taking care of my children and my grandmother is sick.

[Bot] 2025-05-19 18:15

That's a lot on your plate; it's understandable to feel stressed. How do you usually cope with such demands?

[User] 2025-05-19 18:16

I cope after i have done everything required of me. I have accepted that no one will help me.

[Bot] 2025-05-19 18:17

It sounds like you're feeling resigned to handling everything alone. How does that acceptance impact your emotional well-being?

[User] 2025-05-19 18:17

I am often stressed and i am no longer a happy person.I am always drained.

[Bot] 2025-05-19 18:17

I hear you; feeling drained can really affect your happiness. What small changes might help you feel more balanced?

[User] 2025-05-19 18:18

I really need someone to give me mental support.

[Bot] 2025-05-19 18:18

It's tough to feel like you're going through this alone. Would talking about your feelings more often help you feel supported?

[User] 2025-05-19 18:20

Yes, I just need someone to talk to me and tell me everything will be fine. I have accepted that i won't get physical support from anyone.

[Bot] 2025-05-19 18:20

I understand that emotional support can feel essential right now. It's okay to seek out someone to talk to; it can really help.

[User] 2025-05-19 18:21

I have thought about that, but where will I get the time to meet with a professional?

[Bot] 2025-05-19 18:21

Finding time can be tough, especially with your responsibilities. Could you explore teletherapy options that fit your schedule?

[User] 2025-05-19 18:22

Yes i would be happy to DO THAT.Thank you.

[Bot] 2025-05-19 18:22

I'm glad to hear that! It's a positive step toward feeling better. Remember, you deserve support.

[User] 2025-05-19 18:22

Thank you so much.

[Bot] 2025-05-19 18:22

You're very welcome! I'm here for you anytime you need to talk. Take care!

=== Session: fc69584a-30ab-4c4f-9cd6-4d9a5895bc11 ===

[User] 2025-05-19 17:55

67ab1e1f5b205c29bc9f1c64

[Bot] 2025-05-19 17:55

Thanks for sharing your Prolific ID! How are you feeling today?

[User] 2025-05-19 17:56

I am better but I am stressed about the exam that I wrote earlier.

[Bot] 2025-05-19 17:56

I understand that's difficult; exams can really elevate stress. What specifically is weighing on your mind about it?

[User] 2025-05-19 17:57

I couldn't finish the exam because I had not prepared sufficiently for it.

[Bot] 2025-05-19 17:57

It sounds like you're feeling disappointed about not being prepared. Have you been able to reflect on what you could do differently next time?

[User] 2025-05-19 17:58

No, I am just disappointed, this exam is crucial for me to graduate.

[Bot] 2025-05-19 17:58

I can see why you'd feel disappointed; that pressure is tough. What do you think will help you cope with these feelings right now?

[User] 2025-05-19 17:59

Honestly I don't I am feeling really bad.

[Bot] 2025-05-19 17:59

I'm sorry to hear that. It's okay to feel bad sometimes. Can you tell me more about what's making you feel this way?

[User] 2025-05-19 18:00

I might not graduate if I fail this exam

[Bot] 2025-05-19 18:00

That sounds really overwhelming; graduation is such a big milestone. What thoughts or feelings come up when you think about that possibility?

[User] 2025-05-19 18:00

I feel sad. I am disappointed on myself.

[Bot] 2025-05-19 18:01

I understand that sadness and disappointment can be heavy to carry. What do you think might help you be kinder to yourself during this time?

[User] 2025-05-19 18:01

I don't know. This was really a bad day of my life.

[Bot] 2025-05-19 18:02

I'm sorry you're feeling this way; bad days can feel so heavy. What might help you unwind or find a little

comfort today?

[User] 2025-05-19 18:02

I don't know I just want to sleep and never wake up

[Bot] 2025-05-19 18:02

I'm really sorry to hear you're feeling this way. It's important to talk to someone who can help. Are you able to reach out to a friend or family member?

[User] 2025-05-19 18:03

For now I don't want to talk to anyone.

[Bot] 2025-05-19 18:03

I understand that you might need some space right now. Just know it's okay to feel this way. Would it help to focus on something comforting, like a favorite activity?

[User] 2025-05-19 18:04

I just want to sleep

[Bot] 2025-05-19 18:04

It sounds like you really need some rest. Sleep can be a great way to recharge. Take care of yourself, and I hope you find some peace in your rest.

[User] 2025-05-19 18:04

I doubt anything would comfort me at this point.

[Bot] 2025-05-19 18:04

I hear you; it's tough when nothing feels comforting. Just remember that it's okay to sit with those feelings for a bit. Would you like to share more about what's been weighing on you?

[User] 2025-05-19 18:05

I just want to sleep

[Bot] 2025-05-19 18:05

It's completely okay to feel that way. Sleep can be a good escape during tough times. I hope you find some restful moments soon.

=== Session: 3b52dfa9-45ad-4e5a-91ff-d8e65f5ae1ff ===

[User] 2025-05-19 17:16

67d1ec1596e005ff60294b23

[Bot] 2025-05-19 17:16

Thanks for sharing your Prolific ID. How are you feeling today?

[User] 2025-05-19 17:16

mixed emotions

[Bot] 2025-05-19 17:17

It sounds like you're experiencing a lot right now. What's been on your mind?

[User] 2025-05-19 17:18

I can't balance my time in work, at home and also my other side businesses

[Bot] 2025-05-19 17:18

I understand that's difficult. Juggling multiple responsibilities can feel overwhelming. What specific challenges are you facing with this balance?

[User] 2025-05-19 17:19

I lose track of the time, when I focus more on the other the other one lacks

[Bot] 2025-05-19 17:19

It sounds like you're feeling pulled in different directions. Have you tried any strategies to help prioritize your tasks?

[User] 2025-05-19 17:20

Yes, I have but I'm not winning, and I always stress every day because of this

[Bot] 2025-05-19 17:20

I hear you; that constant stress can be really draining. What kinds of strategies have you tried so far?

[User] 2025-05-19 17:22

Time management, drawing up my plans to keep on track..I have been changing that because I cannot figure my best times to do things

[Bot] 2025-05-19 17:22

It seems like you're really trying to find a system that works for you. What's been the biggest obstacle in sticking to your plans?

[User] 2025-05-19 17:23

The workload is too much, and this make me to spend less time with my family

[Bot] 2025-05-19 17:23

I understand how tough that must be, missing family time can be really hard. How does that affect your overall well-being?

[User] 2025-05-19 17:24

I can't cope and some people can't understand they think I am doing this on purpose

[Bot] 2025-05-19 17:24

It sounds really isolating when others don't understand your situation. How do their perceptions impact your feelings?

[User] 2025-05-19 17:25

I just told myself that I have to focus in myself than any other people

[Bot] 2025-05-19 17:25

That's a healthy perspective; prioritizing yourself is important. What self-care practices have you found helpful lately?

[User] 2025-05-19 17:26

I haven't found one I am still looking

[Bot] 2025-05-19 17:26

It's okay to still be searching for what works for you. What activities do you enjoy that might help you unwind?

[User] 2025-05-19 17:26

Looking forward to have this chat with you again

[Bot] 2025-05-19 17:26

I'd love that! I'm here whenever you need to talk. Take care until then!

=== Session: b30eab88-0558-4df6-85f1-56953dcd0925 ===

[User] 2025-05-19 16:57

67f7d81cb8d4e89192f841c5

[Bot] 2025-05-19 16:57

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-19 16:57

i have been feeling down lately due stress

[Bot] 2025-05-19 16:57

I understand that's difficult; stress can really weigh you down. What's been contributing to your feelings lately?

[User] 2025-05-19 16:59

I have been offered a promotion I'm just stressed if ill be able to handle everything that comes with it.

[Bot] 2025-05-19 17:00

It sounds like you're feeling a mix of excitement and anxiety about the promotion. What specifically worries you about the new responsibilities?

[User] 2025-05-19 17:02

I'm worried if people will listen to me leading them and if there will be a good co operation amongst us.

[Bot] 2025-05-19 17:02

I get that; it's natural to feel uneasy about leadership dynamics. Have you had similar experiences in the past that might help you navigate this?

[User] 2025-05-19 17:03

yes, I had and eventually I adapted to the new set up

[Bot] 2025-05-19 17:03

That's a great insight; adapting shows your resilience. How might you apply those past experiences to this new role?

[User] 2025-05-19 17:04

I think I need to first reflect back on those moments

[Bot] 2025-05-19 17:04

That sounds like a valuable approach! Reflecting can help clarify your strengths. What specific aspects do you think you'll focus on during your reflection?

[User] 2025-05-19 17:05

my approach on how to tackle negative situation

[Bot] 2025-05-19 17:05

That's a wise focus; your approach can shape outcomes significantly. What strategies have worked well for you in the past?

[User] 2025-05-19 17:06

taking everything as it is with positivity

[Bot] 2025-05-19 17:06

I love that mindset; positivity can make a big difference. How do you usually maintain that perspective

during challenging times?

=== Session: 7c262d9b-d485-4bba-ba5c-3489ee6d7421 ===

[User] 2025-05-19 16:35

67d8c57426d3c8cb84cea60e

[Bot] 2025-05-19 16:35

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-05-19 16:35

I needed an advice

[Bot] 2025-05-19 16:35

Of course! What's on your mind that you'd like advice about?

[User] 2025-05-19 16:36

How can I maintain good mental health

[Bot] 2025-05-19 16:36

Maintaining good mental health can be a journey. It sounds like you're looking for practical steps—what specific areas do you feel need attention?

[User] 2025-05-19 16:37

Probably the way I think and respond to issues

[Bot] 2025-05-19 16:37

It sounds like you're aware of your thought patterns. What specific thoughts or responses are you struggling with?

[User] 2025-05-19 16:38

Thinking of the past

[Bot] 2025-05-19 16:38

I understand that dwelling on the past can be tough. What particular memories or feelings come up for you?

[User] 2025-05-19 16:39

Especially the negative thoughts.

[Bot] 2025-05-19 16:39

It sounds like those negative thoughts weigh heavily on you. How do they typically affect your daily life?

[User] 2025-05-19 16:39

Can cause emotions sometimes

[Bot] 2025-05-19 16:39

I see how those emotions can be overwhelming. What kinds of emotions do you usually experience when those thoughts arise?

[User] 2025-05-19 16:40

sympathetic

[Bot] 2025-05-19 16:40

It seems like you feel a sense of compassion, perhaps for yourself or others. How do you think that sympathy influences your emotional state?

[User] 2025-05-19 16:41

feeling disturbed

[Bot] 2025-05-19 16:41

I understand that feeling disturbed can be unsettling. What do you think triggers that disturbance for you?

[User] 2025-05-19 16:41

Just those memories

[Bot] 2025-05-19 16:41

It makes sense that those memories can be distressing. Have you found anything that helps you cope when they come up?

[User] 2025-05-19 16:42

Sometimes I focus on the positive part

[Bot] 2025-05-19 16:43

That's a great strategy! Focusing on the positive can shift your perspective. What positive aspects do you usually try to emphasize?

[User] 2025-05-19 16:43

The achievement I have made so far

[Bot] 2025-05-19 16:43

That's wonderful! Celebrating your achievements can really boost your mood. How do you feel when you reflect on those accomplishments?

[User] 2025-05-19 16:44

Very positive and inspired

[Bot] 2025-05-19 16:44

It's great to hear that reflecting on your achievements inspires you! How can you incorporate that feeling into your daily routine?

=== Session: 6269fda9-fb02-4bef-ac51-ce7c1b721f04 ===

[User] 2025-07-22 03:05

I am not so okay but i am hanging in there and here is my prolific ID:67598608710143c154121b07

[Bot] 2025-07-22 03:05

I understand you're not feeling okay, but it's great that you're hanging in there. What's been weighing on you lately?

[User] 2025-07-22 03:06

Am basically stressed by school and it's a lot and soon i will be commencing with my teaching practicals

[Bot] 2025-07-22 03:06

That sounds really overwhelming, especially with teaching practicals coming up. What aspects of school stress you the most?

[User] 2025-07-22 03:07

The teaching practicals part i don't think i am ready to face those learners

[Bot] 2025-07-22 03:07

It's completely natural to feel unprepared for teaching. What specific fears do you have about facing the learners?

[User] 2025-07-22 03:08

It's my first time at a new school, i don't know who will be my mentor and it is a private school

[Bot] 2025-07-22 03:08

Starting in a new school can be daunting, especially without knowing your mentor. Have you thought about ways to ease that uncertainty?

[User] 2025-07-22 03:09

Not yet

[Bot] 2025-07-22 03:09

That's okay; it's a lot to process. Maybe reaching out to peers for support could help. What do you think?

[User] 2025-07-22 03:10

Maybe if i can reach out so someone who was a student teacher before can help

[Bot] 2025-07-22 03:10

That sounds like a great idea! Connecting with someone who's been through it can provide useful insights. What do you hope to learn from them?

[User] 2025-07-22 03:11

A lot of stuff like teacher admin work, how to go about analysing the Revised annual teaching plan so i can deliver the correct lessons to learners in a correct way

[Bot] 2025-07-22 03:11

Those are important areas to focus on, and seeking guidance can really help. Have you considered specific questions to ask them about those topics?

[User] 2025-07-22 03:12

Not yet

[Bot] 2025-07-22 03:12

That's perfectly fine; it can take time to sort your thoughts. Maybe jotting down your main concerns could help clarify what you want to ask. How does that sound?

[User] 2025-07-22 03:13

That could help us i will do it and see if it can help thanks

[Bot] 2025-07-22 03:13

I'm glad that feels helpful! Remember, taking small steps can make a big difference. How are you feeling about it now?

[User] 2025-07-22 03:13

Yes i totally agree

[Bot] 2025-07-22 03:13

I'm glad to hear that! It sounds like you're starting to find a way forward. If you need to talk more, I'm here for you.

=== Session: 9c741cb0-7b1c-4b16-b0bc-329033b94b9d ===

[User] 2025-07-22 01:15
67cea841046ca74e2069ae47

[Bot] 2025-07-22 01:15
Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-07-22 01:16
i would need some help regarding stress

[Bot] 2025-07-22 01:16
I understand that stress can be overwhelming. What specific aspects are you struggling with?

[User] 2025-07-22 01:19
my mother had been very sick for quite a long time and we have been taking her to the hospital and also i will have to work at the same time which is a lot for me and i have less time to spend with my family this is stressing me a lot

[Bot] 2025-07-22 01:19
It sounds like you're feeling really stretched thin with caring for your mother and work. That's a lot to handle. How do you usually cope during such challenging times?

[User] 2025-07-22 01:21
i try to stay strong for my family but honestly i often just push through without taking time for myself

[Bot] 2025-07-22 01:21
I understand that wanting to be strong for your family can be tough. It's important to care for yourself too. What small changes could you make to carve out some personal time?

[User] 2025-07-22 01:23
maybe i could start by setting aside 10-15mins a day to do something relaxing for myself i know is not much but it helps

[Bot] 2025-07-22 01:23
That sounds like a wonderful idea! Even small moments of relaxation can make a difference. What activities do you enjoy that could fit into that time?

[User] 2025-07-22 01:23
listening to music or taking a walk

[Bot] 2025-07-22 01:23
Those are great choices! Both can really help you unwind. How do you feel when you listen to music or take a walk?

[User] 2025-07-22 01:24
i feel like i can breathe a bit easier it calms my mind

[Bot] 2025-07-22 01:25
It's reassuring to hear that those activities help you feel calmer. It's so important to find moments like that. Do you think you could incorporate them into your daily routine?

[User] 2025-07-22 01:25
yes definitely

[Bot] 2025-07-22 01:25
That's great to hear! Establishing that routine can really benefit your well-being. How are you feeling about balancing everything right now?

=== Session: 5d3f70bc-73d8-41f0-a36e-cc6d82343ba0 ===

[User] 2025-07-22 00:48

675d7a2b151a03925196ff02

[Bot] 2025-07-22 00:48

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-07-22 00:49

how to manage stress

[Bot] 2025-07-22 00:49

I understand that managing stress can be tough. What specific situations are causing you stress right now?

[User] 2025-07-22 00:49

loss of loved ones

[Bot] 2025-07-22 00:49

I'm really sorry to hear that. Loss can bring so many overwhelming emotions. How have you been coping with those feelings?

[User] 2025-07-22 00:50

not good, and somedays it gets worse

[Bot] 2025-07-22 00:50

I understand that's difficult. It's normal for grief to fluctuate. What feelings seem to hit you the hardest on those tougher days?

[User] 2025-07-22 00:51

sadness and loneliness

[Bot] 2025-07-22 00:52

It sounds like you're feeling really heavy with sadness and loneliness. Have you found any activities or people that help ease those feelings, even just a little?

[User] 2025-07-22 00:52

yes, fitness seems to help and praying

[Bot] 2025-07-22 00:52

That's great to hear that fitness and praying provide some relief. How do those activities make you feel when you're engaging in them?

[User] 2025-07-22 00:53

like I am still living

[Bot] 2025-07-22 00:53

I'm glad those activities help you feel connected to life. It's important to find moments of vitality. Are there any other support systems or routines you have in place?

[User] 2025-07-22 00:54

taking care of those in need of help

[Bot] 2025-07-22 00:54

That's wonderful! Helping others can be very fulfilling. How does supporting others impact your own feelings during tough times?

[User] 2025-07-22 00:55

good, makes me feel positive about myself

[Bot] 2025-07-22 00:55

It's amazing how helping others can boost your own well-being. What aspects of helping others resonate with you the most?

[User] 2025-07-22 00:56

empathy

[Bot] 2025-07-22 00:56

Empathy is such a powerful connection. It sounds like you really value understanding others' feelings. How do you nurture that empathy in your everyday life?

[User] 2025-07-22 00:57

by fully engaging with others

[Bot] 2025-07-22 00:57

That's a beautiful approach! Fully engaging can create deep connections. How do you feel when those connections are made?

[User] 2025-07-22 00:58

good

[Bot] 2025-07-22 00:58

I'm glad to hear that! Feeling good in connections is so important. Are there particular moments or experiences that stand out to you?

[User] 2025-07-22 00:58

yes

[Bot] 2025-07-22 00:58

That's great! What specific moments have left a lasting impression on you?

=== Session: b1488f66-daad-4818-872a-a0471eb20a87 ===

[User] 2025-07-21 21:03

6740ae39809389d7da9de209

[Bot] 2025-07-21 21:03

Thanks for sharing your Prolific ID! How are you feeling today?

[User] 2025-07-21 21:03

i am stressed about my work targets

[Bot] 2025-07-21 21:03

I understand that's difficult; work targets can feel overwhelming. What specifically is stressing you out about them?

[User] 2025-07-21 21:04

the deadlines are approaching too fast and i am not even half way through

[Bot] 2025-07-21 21:04

It sounds like you're feeling pressured with those looming deadlines. Have you considered breaking your tasks into smaller steps?

[User] 2025-07-21 21:05

i have tried that, but i end up focusing on some items more than others

[Bot] 2025-07-21 21:05

That's understandable; prioritizing can be challenging. What do you think makes those items more appealing to focus on?

[User] 2025-07-21 21:07

i think they are more achievable than others

[Bot] 2025-07-21 21:07

I get that; tackling achievable tasks can feel rewarding. How do you feel when you complete those smaller tasks?

[User] 2025-07-21 21:07

i am relieved for a while

[Bot] 2025-07-21 21:07

It's great to hear that relief, even if it's temporary. What helps you maintain that sense of relief as you move forward?

[User] 2025-07-21 21:08

it does not last long, reality kicks in pretty quickly

[Bot] 2025-07-21 21:08

I understand that can be frustrating; relief can feel fleeting. How do you usually cope when reality sets back in?

[User] 2025-07-21 21:09

i try to find something else that i can work on that is likely to yield results in the near future

[Bot] 2025-07-21 21:09

That sounds like a constructive approach; focusing on quick wins can help. What types of tasks do you usually turn to for that?

[User] 2025-07-21 21:10

it is all sales, just products do not go at the same rate

[Bot] 2025-07-21 21:10

That must be challenging, especially in sales where pace varies. How do you feel when certain products sell slower than you'd hoped?

[User] 2025-07-21 21:11

i feel lost. like i am doing something wrong, especially when other peoples products are selling

[Bot] 2025-07-21 21:11

I can see why you'd feel lost in that situation; comparisons can be tough. What do you think contributes to those feelings of being "wrong"?

[User] 2025-07-21 21:12

because leadership sees it as being me lacking competence

[Bot] 2025-07-21 21:12

That's a heavy feeling to carry; it's tough when you sense that perception. How do you usually respond to those feelings of perceived inadequacy?

[User] 2025-07-21 21:12

i do not respond at all

[Bot] 2025-07-21 21:13

I understand that can be a protective response. What do you think holds you back from addressing those feelings?

=== Session: fe6409e1-852c-4289-9565-ab621d66478a ===

[User] 2025-07-21 20:10

672f51ea346fba23ddd5a793

[Bot] 2025-07-21 20:10

Thank you for sharing your Prolific ID. How can I support you today?

[User] 2025-07-21 20:11

i need help on depression

[Bot] 2025-07-21 20:11

I understand that's difficult. Can you share what you've been experiencing lately?

[User] 2025-07-21 20:12

the life challenges that happened made me in to depression. my love go for another person despite how much i love her

[Bot] 2025-07-21 20:12

It sounds like you're feeling heartbroken and overwhelmed. That's a heavy burden to carry. What aspects of this situation are weighing on you the most?

[User] 2025-07-21 20:12

thinking I can't find someone like her again

[Bot] 2025-07-21 20:12

I hear you; that fear can be really painful. It's tough to imagine moving on. Have you been able to talk about these feelings with anyone?

[User] 2025-07-21 20:13

no

[Bot] 2025-07-21 20:13

I understand that can feel isolating. Sharing these feelings can help lighten the load. Would you consider reaching out to someone you trust?

[User] 2025-07-21 20:13

I feel more pain saying it out

[Bot] 2025-07-21 20:13

It's completely normal to feel that way. Sometimes, expressing pain can initially feel overwhelming. What do you think is making it harder to share your feelings?

[User] 2025-07-21 20:14

as i wish to share the memory we had together keep coming and it's sad that all is over

[Bot] 2025-07-21 20:14

I can see how those memories would bring up sadness. It's tough to let go of meaningful moments. Would it help to focus on what you appreciated about that time?

[User] 2025-07-21 20:15

yes i think

[Bot] 2025-07-21 20:15

That's a great approach! Reflecting on those positive memories can be healing. What's one moment that stands out to you?

[User] 2025-07-21 20:15

the promise we made to each other

[Bot] 2025-07-21 20:16

That promise must hold significant value for you. It's understandable to feel a sense of loss around it. How does remembering that promise affect your feelings now?

[User] 2025-07-21 20:16

a little better but I LOVE HER deeply. it;s so hard to let her go

[Bot] 2025-07-21 20:17

I can feel the depth of your love and how hard this is for you. It's natural to struggle with letting go. What do you think you need most right now to help you through this?

[User] 2025-07-21 20:17

I don't even know

[Bot] 2025-07-21 20:17

That's okay; it's common not to know what you need right now. Sometimes just sitting with those feelings is part of the process. Would it help to explore some small steps you can take to care for yourself during this time?

[User] 2025-07-21 20:17

yes

[Bot] 2025-07-21 20:17

That's a positive step! Perhaps starting with small self-care activities, like going for a walk or journaling, could help. What's one thing you enjoy that might bring you a little comfort?

[User] 2025-07-21 20:19

exercise

[Bot] 2025-07-21 20:19

Exercise is a wonderful way to cope! It can boost your mood and provide some relief. How about setting a small goal for yourself, like a short walk or a workout this week?

[User] 2025-07-21 20:19

I will try that

[Bot] 2025-07-21 20:19

That sounds like a great plan! Remember to be gentle with yourself as you go through this. How do you feel about taking that step?

[User] 2025-07-21 20:20

great.. thanks

[Bot] 2025-07-21 20:20

I'm glad to hear that! You're welcome, and I'm here for you anytime you need support.

[User] 2025-07-21 20:20

i really appreciate. thanks

[Bot] 2025-07-21 20:20

You're very welcome! I'm here to help, so feel free to reach out anytime.

=== Session: 86dd2f44-9c65-46d0-8335-a7d25bb1edcc ===

[User] 2025-07-21 19:46

65583ffa38bfc41805a553cd

[Bot] 2025-07-21 19:46

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-07-21 19:47

I will to get help regarding my work stress and relationship stress?

[Bot] 2025-07-21 19:47

I understand that juggling work and relationship stress can be overwhelming. What specific situations are causing you the most anxiety?

[User] 2025-07-21 19:48

things like my partner getting mad over petty things but when she does do those petty things I don't get mad

[Bot] 2025-07-21 19:48

It sounds like you're feeling frustrated with the inconsistency in reactions. Can you share more about what those "petty things" are?

[User] 2025-07-21 19:49

when I take time answering a call when she calls or replying late, she just get's mad

[Bot] 2025-07-21 19:49

I see how her reaction to delays can feel unfair, especially if you're not reacting the same way. Have you talked to her about how this makes you feel?

[User] 2025-07-21 19:50

Yes I did tell her on how do I feel about that

[Bot] 2025-07-21 19:50

It's great that you opened up to her. How did she respond to your feelings?

[User] 2025-07-21 19:50

she just said she can't help it but get mad

[Bot] 2025-07-21 19:50

That sounds tough, feeling like her response is out of her control. How does that make you feel in the relationship?

[User] 2025-07-21 19:51

I don't know how to feel but I think this is unfair

[Bot] 2025-07-21 19:51

It's completely valid to feel that way; fairness is important in a relationship. What do you think might help both of you communicate better about this?

[User] 2025-07-21 19:53

I think what can help is when me or her get's mad, we should get some time and explain or speak about

what exactly made us angry

[Bot] 2025-07-21 19:53

That sounds like a constructive approach! Taking time to cool off could foster understanding. Have you suggested this idea to her?

[User] 2025-07-21 19:53

I haven't

[Bot] 2025-07-21 19:53

It might be a good idea to share that suggestion with her. It could help both of you feel heard and reduce frustration. Would you feel comfortable bringing it up?

[User] 2025-07-21 19:54

yes I'm comfortable on bring this up with her

[Bot] 2025-07-21 19:54

That's wonderful to hear! Open communication can really strengthen your connection. How do you plan to start the conversation?

[User] 2025-07-21 19:55

I will just randomly say it and see if she will like it or not

[Bot] 2025-07-21 19:55

That sounds like a natural way to approach it! Being casual might make her more receptive. Trust your instincts, and I hope it goes well!

[User] 2025-07-21 19:55

Thank you for the advice

[Bot] 2025-07-21 19:55

You're very welcome! I'm glad I could help. If you need more support, feel free to reach out anytime.

[User] 2025-07-21 19:55

no problem

[Bot] 2025-07-21 19:55

I appreciate your understanding! If there's anything else on your mind, just let me know.

=== Session: 06ab44e6-648b-4d7c-914b-393ad5eb617b ===

[User] 2025-07-21 17:54

67824f0e0821560427e7e637

[Bot] 2025-07-21 17:54

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-07-21 17:55

i need a word advise on how to control my anxiety

[Bot] 2025-07-21 17:55

I understand that anxiety can feel overwhelming. Have you noticed specific triggers that increase your anxiety?

[User] 2025-07-21 17:55

hmm, yes.

[Bot] 2025-07-21 17:55

It sounds like identifying those triggers is a good first step. What triggers your anxiety most often?

[User] 2025-07-21 17:56

when am expecting or receive money also when a lady pay me a visit

[Bot] 2025-07-21 17:56

I see, so financial situations and social visits create anxiety for you. How do you usually cope during those moments?

[User] 2025-07-21 17:57

Time only work it out

[Bot] 2025-07-21 17:57

It makes sense that time helps ease your feelings. Are there any techniques you've tried that provide immediate relief?

[User] 2025-07-21 17:58

no

[Bot] 2025-07-21 17:58

That's okay; finding effective techniques takes time. Would you be open to exploring some calming strategies together?

[User] 2025-07-21 17:58

yes

[Bot] 2025-07-21 17:58

Great! Have you considered deep breathing exercises or mindfulness practices to help calm your mind?

[User] 2025-07-21 17:59

no

[Bot] 2025-07-21 17:59

That's alright! These are simple to try. Would you like me to explain one of them in more detail?

[User] 2025-07-21 17:59

yes, i would like

[Bot] 2025-07-21 17:59

Sure! A simple deep breathing exercise involves inhaling deeply through your nose for a count of four, holding for four, and then exhaling slowly through your mouth for six. Would you like to try this together now?

[User] 2025-07-21 18:00

yes

[Bot] 2025-07-21 18:00

Alright, let's do it together. Inhale deeply through your nose for four counts... 1, 2, 3, 4. Now hold for four... 1, 2, 3, 4. Now exhale slowly through your mouth for six... 1, 2, 3, 4, 5, 6. How did that feel for you?

[User] 2025-07-21 18:01

yes

[Bot] 2025-07-21 18:01

I'm glad to hear that! It can be really grounding. Do you think this is something you'd like to incorporate

into your routine?

[User] 2025-07-21 18:01

yes, i need to do that,

[Bot] 2025-07-21 18:01

That sounds like a positive step! How often do you think you could practice this breathing exercise?

[User] 2025-07-21 18:02

twice daily.

[Bot] 2025-07-21 18:02

That's a great plan! Setting a specific time can help make it a habit. How do you feel about starting tomorrow?

[User] 2025-07-21 18:02

sound good for me

[Bot] 2025-07-21 18:02

I'm happy to hear that! Starting tomorrow could really help. Is there anything else you'd like to discuss?

[User] 2025-07-21 18:02

no

[Bot] 2025-07-21 18:02

That's perfectly fine! Remember, I'm here whenever you need support. Take care!

[User] 2025-07-21 18:03

thanks.

[Bot] 2025-07-21 18:03

You're welcome! I'm glad to help. Wishing you a peaceful day ahead!

=== Session: 436cffd4-d740-45f3-b3b1-b6435ef0df8a ===

[User] 2025-07-21 17:33

67af5c1980e69ceae8f48bc0

[Bot] 2025-07-21 17:34

Thanks for sharing your Prolific ID! How can I support you today?

[User] 2025-07-21 17:35

I am going through some stressful phase at work and I feel I have a lot on my plate, it is just too stressful

[Bot] 2025-07-21 17:35

I understand that's difficult, feeling overwhelmed at work can be really tough. What specific tasks are weighing on you the most right now?

[User] 2025-07-21 17:37

My supervisor is on my back and giving so much strain

[Bot] 2025-07-21 17:37

It sounds like you're feeling pressured by your supervisor's demands. How does that affect your overall well-being?

[User] 2025-07-21 17:38

I am always tired and suddenly losing sleep.

[Bot] 2025-07-21 17:38

I'm sorry to hear that you're feeling tired and struggling with sleep. Have you noticed any specific thoughts or worries keeping you up at night?

[User] 2025-07-21 17:40

I am trying to come up with a solution. And I believe that my supervisor is now making this personal. Since it seems unfair, my colleagues are not getting the same treatment for the same issues

[Bot] 2025-07-21 17:40

It sounds like you're feeling singled out, which can be really frustrating. How have you approached your supervisor about this feeling?

[User] 2025-07-21 17:41

I reported to him several times and also escalated to the manager but nothing is being done

[Bot] 2025-07-21 17:41

That must be incredibly disheartening, feeling unheard despite your efforts. What do you think your next steps might be?

[User] 2025-07-21 17:42

I need advice from someone as I am unable to figure out what to do about this for now.

[Bot] 2025-07-21 17:42

I understand it's tough to navigate this situation alone. Have you considered seeking support from HR or a trusted colleague?

=== Session: f7de46cd-1964-45cc-b549-1c47aeaed57f ===

[User] 2025-07-21 17:13

67d6cd20e6f88998bd004d61

[Bot] 2025-07-21 17:13

Thanks for sharing your Prolific ID! How are you feeling today?

[User] 2025-07-21 17:13

I'm feeling okay

[Bot] 2025-07-21 17:13

I'm glad to hear you're feeling okay! Is there anything on your mind that you'd like to talk about?

[User] 2025-07-21 17:14

How to overcome depression?

[Bot] 2025-07-21 17:14

I understand that overcoming depression can feel overwhelming. Have you noticed any specific triggers or patterns in your mood?

[User] 2025-07-21 17:15

Not now but back then

[Bot] 2025-07-21 17:15

It sounds like you're reflecting on past experiences. What strategies helped you cope with those

feelings back then?

[User] 2025-07-21 17:16

I faced whatever that was stressing me

[Bot] 2025-07-21 17:16

That's a strong approach! Facing stressors can be empowering. How did you find the courage to confront them?

[User] 2025-07-21 17:17

I told myself that I had to because i was losing myself

[Bot] 2025-07-21 17:17

It sounds like you were really aware of your feelings and motivated to change. How did that realization impact your actions?

[User] 2025-07-21 17:18

I was diagnosed by a friend

[Bot] 2025-07-21 17:18

That must have been a significant moment for you. How did your friend's diagnosis affect your understanding of yourself?

[User] 2025-07-21 17:19

I was failing to accept that i was not okay

[Bot] 2025-07-21 17:19

I understand that accepting such feelings can be tough. What do you think helped you begin to accept your situation?

[User] 2025-07-21 17:19

I was writing my goals down

[Bot] 2025-07-21 17:20

Writing down your goals is a great way to gain clarity! How did that practice influence your mindset and motivation?

[User] 2025-07-21 17:20

I was able to let go of things

[Bot] 2025-07-21 17:21

That's powerful! Letting go can be freeing. What were some of the things you found it easiest to release?

[User] 2025-07-21 17:21

Letting go of people that were pulling me back

[Bot] 2025-07-21 17:21

It sounds like that was a healthy decision for your well-being. How has distancing yourself from those people affected your life now?

[User] 2025-07-21 17:22

I was then able to focus on myself only

[Bot] 2025-07-21 17:22

Focusing on yourself is so important for healing. How has that shift in focus changed your daily life or outlook?

[User] 2025-07-21 17:23

I am now good

[Bot] 2025-07-21 17:23

I'm really happy to hear that you're doing well! What do you think has been the biggest factor in your positive change?

=== Session: f39a67a4-e4dc-46fb-abc9-466e0919a05c ===

[User] 2025-07-21 16:01

67d01476d2b2d56f29a01f89

[Bot] 2025-07-21 16:01

Thanks for sharing your Prolific ID! What's on your mind today?

[User] 2025-07-21 16:02

Alot is been on my mind

[Bot] 2025-07-21 16:02

I understand that can feel overwhelming. What specific thoughts are weighing on you?

[User] 2025-07-21 16:02

Thought of not being enough of being not a good mother , wife and employee

[Bot] 2025-07-21 16:03

It sounds like you're feeling a lot of pressure to meet expectations. What do you think triggers those feelings?

[User] 2025-07-21 16:03

I can't tell you because I don't know.

[Bot] 2025-07-21 16:04

That's okay; it can be hard to pinpoint those feelings. What do you notice when those thoughts arise?

[User] 2025-07-21 16:04

I just snap .. I become moody and dint want anyone around me.

[Bot] 2025-07-21 16:04

I understand that's difficult; feeling moody can be isolating. How do you usually cope during those times?

[User] 2025-07-21 16:05

I listen to music.

[Bot] 2025-07-21 16:05

Music can be a great way to process emotions. What kind of music helps you the most?

[User] 2025-07-21 16:05

Blues

[Bot] 2025-07-21 16:06

Blues can be deeply expressive and cathartic. How does listening to it make you feel?

[User] 2025-07-21 16:06

It calms me down.

[Bot] 2025-07-21 16:06

That's wonderful to hear; finding calm is so important. Do you have specific songs that resonate with you?

[User] 2025-07-21 16:07

River of tears. And I also listen to lonely dirt road by Dax

[Bot] 2025-07-21 16:07

Those are powerful choices. It sounds like they really connect with your feelings. What themes in those songs speak to you?

[User] 2025-07-21 16:09

In lonely dirt road the singer is going through some shit . He deals with the pressure of trying to provide for his family. He doesn't want his family to see him cry so he smiles before them or when around them.

[Bot] 2025-07-21 16:10

It sounds like that resonates deeply with your own experiences. Do you ever feel pressure to hide your emotions, too?

[User] 2025-07-21 16:10

I don't want my kids to see me cry

[Bot] 2025-07-21 16:10

I understand that instinct to protect your children from pain. How do you think they would respond if they saw you vulnerable?

[User] 2025-07-21 16:10

I don't know

[Bot] 2025-07-21 16:10

That's okay; it can be hard to predict. What do you think you might feel if you allowed yourself to express those emotions around them?

=== Session: d7511402-91fb-4332-a62e-0976e7b470f6 ===

[User] 2025-05-13 21:34

I can't keep control

[Bot] 2025-05-13 21:34

I see, that sounds really frustrating. Can you share more about what feels out of control for you? And please remember to share your Prolific ID.

[User] 2025-05-13 21:34

6658b1491e88ec15902d5301

[Bot] 2025-05-13 21:34

Thanks for sharing your Prolific ID. It's understandable to feel overwhelmed sometimes. Can you describe a specific situation where you felt this lack of control?

[User] 2025-05-13 21:35

when I can't tell what an outcome of a situation will be

[Bot] 2025-05-13 21:35

That makes sense; uncertainty can be really challenging. Have you tried any techniques to cope with those feelings of unpredictability?

[User] 2025-05-13 21:35

no, I've not found any that resonate with me yet

[Bot] 2025-05-13 21:35

I understand, it can take time to find what works. Would you be open to exploring some strategies together?

[User] 2025-05-13 21:35

sure!

[Bot] 2025-05-13 21:36

Great! One helpful approach is focusing on what you can control. What aspects of a situation can you influence, even slightly?

[User] 2025-05-13 21:36

I want to feel less anxious when speaking to someone new

[Bot] 2025-05-13 21:37

That's a common concern. One technique is practicing self-soothing techniques before conversations. Have you tried any relaxation methods like deep breathing?

[User] 2025-05-13 21:37

I have but do u have any further recs?

[Bot] 2025-05-13 21:37

Absolutely! You might try visualization techniques, imagining a positive interaction. Role-playing conversations can also build confidence. Would you like to explore that?

[User] 2025-05-13 21:37

please

[Bot] 2025-05-13 21:37

Sure! Start by choosing a scenario, then practice with a friend or even in front of a mirror. Focus on maintaining a relaxed posture and positive body language. How does that sound?

[User] 2025-05-13 21:38

what is the best way to choose a scenario

[Bot] 2025-05-13 21:38

Consider situations that feel slightly challenging but manageable. Think about upcoming events or common interactions, like meeting a new colleague. What scenarios come to mind for you?

[User] 2025-05-13 21:40

I'm struggling sorry

[Bot] 2025-05-13 21:40

That's okay; it can be tough to pinpoint things. Maybe start with a casual setting, like introducing yourself at a gathering. Would that feel easier?

[User] 2025-05-13 21:43

yeah

[Bot] 2025-05-13 21:43

That's a good start! You could practice a simple introduction. How about saying your name and something light about yourself? Would you like to try crafting that together?

[User] 2025-05-13 21:43

Claire and talk easy after

[Bot] 2025-05-13 21:43

That sounds nice, Claire! You could say, FLOWISE_DOUBLE_QUOTEHi, I'm Claire! I enjoy [a hobby or interest].FLOWISE_DOUBLE_QUOTE It opens the door for easy conversation. How do you feel about that?

[User] 2025-05-13 21:43

hmm

[Bot] 2025-05-13 21:43

I understand if it feels a bit awkward. It's all about finding what feels comfortable for you. You could adjust it to suit your style. Want to brainstorm other options?

[User] 2025-05-13 21:44

yeah your messages are a bit off?

[Bot] 2025-05-13 21:44

I appreciate your honesty! Let's keep it simple. How about just saying, FLOWISE_DOUBLE_QUOTEHi, I'm Claire. I love [your interest]!FLOWISE_DOUBLE_QUOTE? Does that feel better?

=== Session: cba638bd-d072-4c34-824c-43e82308a98e ===

[User] 2025-05-13 21:15

637f7c9a658dbd7bcdd9e1ad

[Bot] 2025-05-13 21:16

Thanks for sharing your Prolific ID. How are you feeling today?

[User] 2025-05-13 21:16

Fine, its been a great day

[Bot] 2025-05-13 21:16

That's wonderful to hear! What made your day so great?

[User] 2025-05-13 21:17

We've had some beautiful weather, Had my car services and met my daughter for a quick coffee this morning

[Bot] 2025-05-13 21:17

It sounds like a lovely day filled with positive moments. How did it feel to catch up with your daughter?

[User] 2025-05-13 21:18

It was a nice treat, not seen her for a week and we are really close

[Bot] 2025-05-13 21:18

It's great to have that close bond. What do you enjoy most about your time together?

[User] 2025-05-13 21:19

I've loved teaching her life skills and seen her put them to use and grow and develop as a result

[Bot] 2025-05-13 21:19

That must be incredibly rewarding to witness! What specific skills have you taught her that you're proud of?

[User] 2025-05-13 21:20

I've taught her budgeting skills and how to manage her own home

[Bot] 2025-05-13 21:20

Those are essential skills! It's fantastic that she's applying them. How does that make you feel as a parent?

[User] 2025-05-13 21:21

I feel that I've done the very best I can for her, set her on a path of independence

[Bot] 2025-05-13 21:21

That's a wonderful feeling, knowing you've equipped her for life. How do you celebrate her achievements along the way?

[User] 2025-05-13 21:23

Simple things like going shopping together especially for larger purchases like cars. She also invites us for a meal

[Bot] 2025-05-13 21:23

Those moments sound special and meaningful. Sharing experiences like that can strengthen your bond. How do those outings make you feel about your relationship?

[User] 2025-05-13 21:24

I feel that I have done my very best for her, I feel that I've equipped her for life

[Bot] 2025-05-13 21:24

That's a beautiful sentiment. It sounds like you're both building a strong foundation for her future. What's next on your journey together?

=== Session: bab9c370-c03f-4076-a826-171afac10053 ===

[User] 2025-05-13 20:48

60624c1a743e95138f858c05

[Bot] 2025-05-13 20:48

Thanks for sharing your Prolific ID. How can I assist you today?

[User] 2025-05-13 20:49

I've been feeling super stressed during the last few weeks

[Bot] 2025-05-13 20:49

I see, stress can really take a toll. What do you think has been contributing to that feeling?

[User] 2025-05-13 20:50

I recently started working in remote in an AI related job that has a high amount of uncertainty

[Bot] 2025-05-13 20:50

That makes sense; uncertainty can be quite challenging. How are you coping with the stress from this new role?

[User] 2025-05-13 20:51

I've read studies about the use of supplements like creatine and I've been trying to reduce my time on social media to avoid doom-scrolling

[Bot] 2025-05-13 20:51

Those are great strategies! Reducing social media can really help. How's that been going for you?

[User] 2025-05-13 20:53

I've reduced my time on social media and replaced with the job. My screen time is actually up since I started working and that has taken a toll on my sleeping patterns

[Bot] 2025-05-13 20:53

I understand; increased screen time can disrupt sleep. Have you considered setting boundaries for work hours to help with that?

[User] 2025-05-13 20:53

That's a challenge because the job is very demanding

[Bot] 2025-05-13 20:54

That's tough. It might help to schedule short breaks throughout the day. Could you try that?

[User] 2025-05-13 20:55

I've been doing that but it doesn't seem to improve my stress levels very much and neither my sleep health

[Bot] 2025-05-13 20:55

I see. Stress management can be tricky. Have you tried incorporating relaxation techniques, like deep breathing or mindfulness?

[User] 2025-05-13 20:55

Nope. Not yet. Would you recommend it? If so, why?

[Bot] 2025-05-13 20:56

Absolutely! Relaxation techniques can lower stress and improve focus. They help calm your mind, making it easier to sleep. Want to explore some simple exercises?

[User] 2025-05-13 20:56

Yes

[Bot] 2025-05-13 20:56

Great! You might start with deep breathing: inhale deeply through your nose for four counts, hold for four, then exhale slowly through your mouth for six. Try this for a few minutes daily. How does that sound?

[User] 2025-05-13 20:56

It sounds simple and do-able

[Bot] 2025-05-13 20:56

I'm glad it feels manageable! Consistency is key, so try to integrate it into your routine. Would you like to set a specific time for practice?

[User] 2025-05-13 20:57

Would it be better if I do it before sleeping?

[Bot] 2025-05-13 20:57

Yes, that's a great idea! Practicing before bed can help signal your body to relax. Do you have a bedtime routine already?

[User] 2025-05-13 20:57

No, I don't have a routine

[Bot] 2025-05-13 20:57

Establishing a routine could really help. You might consider winding down with deep breathing, dimming the lights, and avoiding screens for an hour before bed. How does that sound?

[User] 2025-05-13 20:57

The screens part is a bit complicated to do. what can i do about it

[Bot] 2025-05-13 20:58

I understand; screens can be hard to avoid. Maybe try setting a specific cutoff time for screens, then switch to a calming activity like reading or listening to music. Would that work for you?

[User] 2025-05-13 20:58

yeah, the music works most of times

[Bot] 2025-05-13 20:58

That's great to hear! Music can be very soothing. Are there specific genres or playlists you enjoy for relaxation?

[User] 2025-05-13 20:58

folk music

[Bot] 2025-05-13 20:58

Folk music is a lovely choice; it often has a calming vibe. You might create a calming playlist to help signal relaxation time. Would you like help with that?

=== Session: 733777c1-b9e9-4ca6-9249-32fb1bc32ed1 ===

[User] 2025-05-13 20:20

60a560b2874725d250618548

[Bot] 2025-05-13 20:20

Thanks for sharing your Prolific ID. How are you feeling today?

[User] 2025-05-13 20:21

I am not feeling okay, a lot is going on and I am overwhelmed.

[Bot] 2025-05-13 20:21

I see, feeling overwhelmed can be really tough. Can you pinpoint what's adding to that stress?

[User] 2025-05-13 20:22

I am job hunting and nothing seems to fall into place.

[Bot] 2025-05-13 20:22

That makes sense; job hunting can be really stressful. Have you set any specific goals or strategies for your search?

[User] 2025-05-13 20:24

not anymore at first i did have a strategy but it seemed like it is ineffective now i just take it as it comes.

[Bot] 2025-05-13 20:24

It's understandable to feel that way after setbacks. Would it help to revisit your strategy or create a new plan together?

[User] 2025-05-13 20:25

I need a new strategy i no longer have positive attitude towards the previous one.

[Bot] 2025-05-13 20:25

That's completely valid. Let's brainstorm some fresh approaches. What specific areas of job hunting do you find most challenging?

[User] 2025-05-13 20:25

getting a callback

[Bot] 2025-05-13 20:25

I hear you. Maybe refining your resume or tailoring cover letters could help. Have you tried customizing them for each application?

[User] 2025-05-13 20:27

yes i have, however i am in law and usually its the same requirement that i do not seem to qualify for because of the number of years experience required.

[Bot] 2025-05-13 20:27

I understand; that experience requirement can be discouraging. Have you considered highlighting transferable skills or internships that showcase your capabilities?

[User] 2025-05-13 20:28

yes I have because i do have 2 years experience but however they seem rigid with asking for 4 years plus.

[Bot] 2025-05-13 20:28

I see, that can be frustrating. Networking might help here. Have you thought about reaching out to connections in the field?

[User] 2025-05-13 20:29

i am afraid of being a burden and possible rejection from the people

[Bot] 2025-05-13 20:29

That's a common fear, but most people appreciate being contacted. You could start with a simple message expressing your interest. Would that feel more manageable?

[User] 2025-05-13 20:30

Being in need makes me feel so inferior but i will try.

[Bot] 2025-05-13 20:30

It's tough to feel that way, but seeking support is a strength, not a weakness. Taking that step could open new doors for you.

[User] 2025-05-13 20:30

thank you

[Bot] 2025-05-13 20:30

You're welcome! I'm here for you. How are you feeling about taking that step now?

=== Session: 21ae780e-5f91-41f3-9dd7-2e52e6fefc9e ===

[User] 2025-05-13 19:58

646cc5b2ee56fab32907947d

[Bot] 2025-05-13 19:58

Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-05-13 19:59

Well, that's a very generic question. I am generally unhappy with life, and stressed about the future.

[Bot] 2025-05-13 19:59

I see how overwhelming that can feel. What specific aspects of your future worry you the most?

[User] 2025-05-13 20:00

Being alone when I'm older, and also not having sufficient money to be comfortable.

[Bot] 2025-05-13 20:00

Those are valid concerns. It's tough thinking about loneliness and finances. Have you considered setting small, actionable goals to address these fears?

[User] 2025-05-13 20:00

Well, I do push myself to socialize, so there's that. I don't know about small goals for finances...

[Bot] 2025-05-13 20:01

It's great that you're socializing! For finances, maybe start by tracking your spending or setting a savings target. Would that feel manageable?

[User] 2025-05-13 20:01

Yes, I suppose. Although, that makes life stressful also. In that, I would be taking some enjoyment out of my life.

[Bot] 2025-05-13 20:01

That makes sense; balance is key. How about setting a small budget that allows for some fun while saving? It could ease the stress.

[User] 2025-05-13 20:02

Sure. I basically do that type of thing, anyway.

[Bot] 2025-05-13 20:02

That's positive to hear! Keeping that balance can really help. How do you usually decide what to spend on enjoyment?

[User] 2025-05-13 20:03

As I'm self-employed, I tend to spend more when I have spare money, and less when times are tougher. I do like to treat myself.

[Bot] 2025-05-13 20:03

It's important to treat yourself, especially when you work hard. Have you thought about setting aside a specific FLOWISE_DOUBLE_QUOTEtreatFLOWISE_DOUBLE_QUOTE budget each month?

[User] 2025-05-13 20:04

There seems to be an error in that reply, but I wouldn't set aside a specific budget - I rather just take it week by week.

[Bot] 2025-05-13 20:04

Thanks for pointing that out, and a week-by-week approach can be flexible. How does that method help you feel more secure while spending?

[User] 2025-05-13 20:05

It doesn't really make me feel more secure. I just compulsively spend when I have extra money. It's slightly extreme.

[Bot] 2025-05-13 20:05

I understand; that can feel out of control. Have you thought about strategies to manage those impulses when you have extra money?

[User] 2025-05-13 20:05

No, I haven't. I don't know if I have the self control.

[Bot] 2025-05-13 20:05

That's understandable. Building self-control takes time. Maybe try a waiting period before making impulsive purchases? It could help you decide if it's truly necessary.

[User] 2025-05-13 20:06

Sure. That's fair.

[Bot] 2025-05-13 20:06

I'm glad that resonates with you. How long do you think a waiting period should be for you?

[User] 2025-05-13 20:06

Probably a day or two.

[Bot] 2025-05-13 20:06

That sounds reasonable! Giving yourself a day or two can really clarify your needs. How do you feel about trying that out?

[User] 2025-05-13 20:06

I'll bear it in mind.

[Bot] 2025-05-13 20:06

That's a great start! Take it at your own pace. Is there anything else on your mind today?

[User] 2025-05-13 20:07

Just what I said at the beginning. Life is running away at a fast pace, and I don't feel like I've succeeded.

[Bot] 2025-05-13 20:07

I hear you; it can feel overwhelming when life moves quickly. What does success look like for you?

[User] 2025-05-13 20:07

Ideally having a few close friends that I could trust, and a life-partner.

[Bot] 2025-05-13 20:08

Those are meaningful goals. Building close relationships takes time. What steps have you taken to nurture friendships or seek a partner?

[User] 2025-05-13 20:08

I've tried various things over the years.

[Bot] 2025-05-13 20:08

It sounds like you've put in effort, which is commendable. What's worked best for you in forming connections?

=== Session: 13dcbb27-02f6-4858-bdf1-85434ce1b9e4 ===

[User] 2025-05-13 18:55

66bf6a0f9823f6ea72d66071

[Bot] 2025-05-13 18:56

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-13 18:56

How can I start feeling myself again without medication

[Bot] 2025-05-13 18:56

I see you're looking for natural ways to feel better. Have you tried incorporating mindfulness or regular exercise into your routine?

[User] 2025-05-13 18:56

I try those but still feel blue many days of the week

[Bot] 2025-05-13 18:56

That makes sense; it's tough when those strategies don't bring relief. Could exploring your thoughts or connecting with others help you feel more engaged?

[User] 2025-05-13 18:57

Possibly. A good connection would be nice but not sure thats enough either

[Bot] 2025-05-13 18:57

I understand. Sometimes, deeper connections or talking about feelings can help. Have you considered joining a group or finding a supportive friend to talk to?

[User] 2025-05-13 18:58

Id like to join a group but im having career related problems adding to my stress with life

[Bot] 2025-05-13 18:58

I hear you; career stress can be really overwhelming. What specific challenges are you facing at work?

[User] 2025-05-13 18:59

Ive been looking for a online job for a few years now and nothing has worked out. Its my dream to work from my laptop and i get really down when it feels like no progress has been made after lots of effort

[Bot] 2025-05-13 18:59

It's tough when you're putting in so much effort and not seeing results. Have you thought about breaking down your job search into smaller, manageable goals?

[User] 2025-05-13 18:59

Yes I even use large language models like chatgpt to help but it still leads to dead ends maybe you can understand my frustration

[Bot] 2025-05-13 19:00

Absolutely, frustration is a natural response in such situations. It might help to reassess your approach or even explore different fields. Have you considered networking with others in your desired area?

[User] 2025-05-13 19:00

The depression really prevents my social side from coming out so its a catch 22

[Bot] 2025-05-13 19:00

That's completely understandable; depression can make socializing feel daunting. What small steps could you take to gradually connect with others, even online?

[User] 2025-05-13 19:01

Maybe try omegle or something like that you mean?

[Bot] 2025-05-13 19:01

Omegle could be a start, but it might feel unpredictable. How about joining a community or forum related to your interests? It could offer a more supportive environment.

[User] 2025-05-13 19:01

Ya maybe but im really stressed about finding my ideal work lately

[Bot] 2025-05-13 19:01

I see how that stress is weighing on you. Have you tried setting specific times for job searching and

balancing that with self-care activities?

[User] 2025-05-13 19:02

Not really. What self care activities would you suggest would help me?

[Bot] 2025-05-13 19:02

Consider activities like journaling, short walks, or creative hobbies. Even small moments of relaxation can help ease stress. What sounds appealing to you?

[User] 2025-05-13 19:02

Would video games count as creative hobbies or no? They tend to take my mind off things

[Bot] 2025-05-13 19:02

Absolutely, video games can be a great way to unwind and escape for a bit. They can also spark creativity and provide a sense of achievement. What games do you enjoy?

[User] 2025-05-13 19:03

I like mostly nintendo but play some sony and xbox games

[Bot] 2025-05-13 19:03

That sounds fun! Nintendo games often have a great sense of adventure. Do you have a favorite game that really helps you relax or feel good?

[User] 2025-05-13 19:03

Yes its the zelda series with link

[Bot] 2025-05-13 19:03

Great choice! The Zelda series is immersive and full of exploration. Playing games like that can really transport you. Have you considered setting aside dedicated time to enjoy it as a way to recharge?

[User] 2025-05-13 19:03

I try to play abit a day but feel guilty

[Bot] 2025-05-13 19:03

It's normal to feel guilty about taking time for yourself. Remember, enjoying hobbies can actually boost your mood and productivity. How could you reframe that time as essential self-care?

[User] 2025-05-13 19:04

Well when you put it like that i deffinetly could reframe it more positivley

[Bot] 2025-05-13 19:04

I'm glad to hear that! Shifting your perspective can make a big difference. How about setting aside specific times each week for guilt-free gaming?

[User] 2025-05-13 19:04

That sounds like a good idea. What other suggestions might you have to finish off our chat?

[Bot] 2025-05-13 19:05

Consider balancing gaming with activities that uplift you, like light exercise or cooking. Also, try journaling your feelings to process them. How does that sound?

[User] 2025-05-13 19:05

Sounds good i feel like i heard of those though. Any last ideas?

[Bot] 2025-05-13 19:05

How about exploring new hobbies like drawing or learning an instrument? Trying something fresh can spark joy and keep your mind engaged.

=== Session: 4bdef038-6945-4331-9274-6622d74736aa ===

[User] 2025-05-13 18:20

hi

[Bot] 2025-05-13 18:20

Hi there! Could you share your Prolific ID with me?

[User] 2025-05-13 18:20

578b4394ad1a6c0001466a6d

[Bot] 2025-05-13 18:20

Thanks for sharing that. What's on your mind today?

[User] 2025-05-13 18:21

I feel very anxious these days

[Bot] 2025-05-13 18:21

I see. Anxiety can be really overwhelming. What's been triggering those feelings for you?

[User] 2025-05-13 18:21

social situation

[Bot] 2025-05-13 18:21

That makes sense. Social situations can be quite challenging. Have you noticed any specific thoughts or worries that come up during those times?

[User] 2025-05-13 18:22

I feel very anxious when there are people watching me

[Bot] 2025-05-13 18:22

I understand. It's tough to feel like you're being observed. Have you tried any strategies to manage that anxiety in those moments?

[User] 2025-05-13 18:23

I don't know any strategies

[Bot] 2025-05-13 18:23

No problem. A simple technique is deep breathing. Have you ever tried taking slow, deep breaths to calm yourself?

[User] 2025-05-13 18:23

no

[Bot] 2025-05-13 18:23

That's okay! When you feel anxious, try inhaling deeply for four counts, then exhaling for four. It can help. Would you like to explore more techniques together?

[User] 2025-05-13 18:23

yes, tell me more

[Bot] 2025-05-13 18:23

Another helpful strategy is grounding. Focus on your surroundings—notice five things you see, four you can touch, three you hear, two you smell, and one you taste. It can bring you back to the present moment. How does that sound?

[User] 2025-05-13 18:24

very helpful

[Bot] 2025-05-13 18:24

I'm glad to hear that! Practicing grounding can really ease anxiety. Have you thought about trying it in a specific social situation?

[User] 2025-05-13 18:24

maybe when I'm at work

[Bot] 2025-05-13 18:24

That sounds like a great plan! Work can be a common trigger. Do you have any upcoming situations where you think you might want to try grounding?

[User] 2025-05-13 18:25

next meeting

[Bot] 2025-05-13 18:25

That's a perfect opportunity! Before the meeting, you might practice deep breathing or grounding. How do you feel about using those techniques then?

[User] 2025-05-13 18:26

I don't know, I've never tried them. I hope they work

[Bot] 2025-05-13 18:26

It's completely normal to feel unsure. Just remember, it may take some practice to feel comfortable. Give yourself grace, and see how it goes. You might surprise yourself!

[User] 2025-05-13 18:26

thanks for the advice

[Bot] 2025-05-13 18:26

You're welcome! I'm here to support you. If you have more questions or need to talk, just let me know.

[User] 2025-05-13 18:27

I don't think I have any other problems

[Bot] 2025-05-13 18:27

That's okay! Sometimes just discussing feelings can help. If anything comes up later, don't hesitate to reach out.

[User] 2025-05-13 18:29

Do you know any natural products to relieve anxiety?

[Bot] 2025-05-13 18:29

Some people find herbal teas like chamomile or peppermint calming. Others use essential oils, like lavender. Have you tried any natural remedies before?

[User] 2025-05-13 18:29

I don't want to use medicines, so I will definitely try some natural products

[Bot] 2025-05-13 18:30

That's a good choice if you prefer natural options. Just remember to check for any allergies. How do you feel about incorporating those into your routine?

=== Session: 3c2b961c-046b-48bc-a4d9-d07eb23bbcdf ===

[User] 2025-05-13 18:02

660970e66b18c1d3d9f036b0

[Bot] 2025-05-13 18:02

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-13 18:02

Can u give advices regarding relationships?

[Bot] 2025-05-13 18:02

Absolutely! What specific relationship concerns are you facing right now?

[User] 2025-05-13 18:04

Well, I have been facing several things, but one of them was that my parnert cheated on me, it have been very hard for me to forgive about it, and all our plans, he said he believes in God as I do, but them was sleeping with prostitutes so my believes is that is against everything that God represents

[Bot] 2025-05-13 18:04

I see how painful this situation is for you. It's understandable to feel hurt and conflicted about your partner's actions. Forgiveness can be a challenging process, especially when values are violated. Have you had the chance to express how this has affected you to your partner?

[User] 2025-05-13 18:05

I did, and I forgave him a first time, and we did vows and that was never going to happen again, then he did it again

[Bot] 2025-05-13 18:06

That sounds incredibly difficult. It's natural to feel betrayed, especially after giving him another chance. Trust is essential in any relationship. Have you thought about what you need moving forward, both for your peace and your relationship?

[User] 2025-05-13 18:07

He told I should forgive him 70 times 7, like Jesus said, he doesnt even believe in Jesus, but he knows that I do. I forgave him now, but still I creid every single day, I cant do anything, and my mind just never stops, I forgave him, that doesnt mean I have forgotten what happened

[Bot] 2025-05-13 18:08

It's completely normal to feel that way. Forgiveness doesn't erase the pain or memories. It's a process. Have you considered finding ways to express your feelings, like journaling or talking to someone you trust? That might help you process your emotions more effectively.

[User] 2025-05-13 18:09

We are not together anymore, but I cant overcome everything that happened, and that is what I dont know how to or what to do

[Bot] 2025-05-13 18:09

I understand. Moving on from such a painful experience can take time. It's important to focus on self-care and healing. Have you thought about setting small goals for yourself each day to help regain a sense of control?

[User] 2025-05-13 18:09

Like what goal?

[Bot] 2025-05-13 18:10

You might try setting goals like going for a daily walk, practicing mindfulness, or even reaching out to friends. Small, manageable activities can help distract your mind and gradually improve your mood. What do you think?

[User] 2025-05-13 18:11

I have stopped talking to people, I dont want to tell anyone what happened, its disgusting and embarrassing plus extremely painful

[Bot] 2025-05-13 18:11

It's understandable to feel that way, but isolating yourself can make healing harder. Consider reaching out to a therapist or a support group where you can share safely. It might feel less daunting than talking to friends right now. Would that be something you'd think about?

=== Session: f0d0924e-cfbd-42c0-8b49-6ac7da94fb19 ===

[User] 2025-05-13 15:23

6715fa8490b20c9f0317e48d

[Bot] 2025-05-13 15:23

Thanks for sharing your Prolific ID! What's been on your mind lately?

[User] 2025-05-13 15:23

I have been diagnosed with a knee injury

[Bot] 2025-05-13 15:23

I'm sorry to hear about your knee injury. That can be really challenging. How are you feeling about it?

[User] 2025-05-13 15:24

Not too good. it is a very rare knee injury and i have been told that i now have a life expectancy of 5-10 years

[Bot] 2025-05-13 15:24

That sounds incredibly tough to process. It's understandable to feel overwhelmed. How are you coping with this news?

[User] 2025-05-13 15:24

I'm ok. we all have to die. it's just a bit of a shock being given a timeline

[Bot] 2025-05-13 15:24

I see how that could be shocking and unsettling. It's natural to feel a mix of emotions. Have you thought about ways to find meaning or focus on the present?

[User] 2025-05-13 15:25

of course. my focus is on quality of life, not quantity

[Bot] 2025-05-13 15:25

That's a powerful perspective to have. Focusing on quality can really shift how you experience each day. What activities or moments bring you joy right now?

[User] 2025-05-13 15:25

being on the internet, football, conversations with my wife

[Bot] 2025-05-13 15:26

Those sound like meaningful ways to connect and enjoy life. How do you feel when you engage in these activities?

[User] 2025-05-13 15:26

content

[Bot] 2025-05-13 15:26

Feeling content is so important. It sounds like you have some good supports in place. Are there any specific goals you have for enhancing that contentment?

[User] 2025-05-13 15:27

my main goal is trying to live a healthier life. but a poor mental attitude will only make my knee worse

[Bot] 2025-05-13 15:27

That makes a lot of sense. A positive mindset can really impact your overall health. What small steps could you take to nurture that healthier mindset?

[User] 2025-05-13 15:27

change of diet, mostly.

[Bot] 2025-05-13 15:27

Changing your diet can be a great step. What specific changes are you considering?

[User] 2025-05-13 15:27

going keto and intermittent fasting

[Bot] 2025-05-13 15:27

Those can be effective approaches! How do you feel about starting that journey?

[User] 2025-05-13 15:28

positive. my illness is so rare that i may find a cure

[Bot] 2025-05-13 15:28

That's an inspiring outlook! Staying hopeful can be powerful. Are there any resources or support systems you're considering as you explore these changes?

[User] 2025-05-13 15:29

there's no support system as few people have my illness. there are a lot of resources online for general health improvement

[Bot] 2025-05-13 15:29

It's great that you've found online resources. Connecting with communities, even if they're not specific to your illness, can provide support. Have you found any particular resources that resonate with you?

[User] 2025-05-13 15:29

mostly to do with diet and suppliments

[Bot] 2025-05-13 15:29

Those can definitely be helpful! Are there any specific diets or supplements you've found that seem promising for your goals?

[User] 2025-05-13 15:30

vitamin b is the main suppliment, especially b12. fasting and keto are the key diets to look at.

[Bot] 2025-05-13 15:30

Vitamin B12 can be beneficial, especially for energy. Fasting and keto might complement each other well. Have you set a timeline for when you'd like to start these changes?

[User] 2025-05-13 15:30

they start on friday and will be for 5 months at least

[Bot] 2025-05-13 15:30

That sounds like a solid plan! Committing for five months gives you time to adjust and see results. How do you plan to track your progress during this period?

[User] 2025-05-13 15:31

weight loss mostly/ plus ha1bc blood tests

[Bot] 2025-05-13 15:31

Tracking weight loss and blood tests are great indicators. Setting specific milestones could help too. How will you celebrate your progress along the way?

[User] 2025-05-13 15:31

my celebration will be by still being alive

[Bot] 2025-05-13 15:31

Staying alive is a profound celebration. Every day is an achievement. What daily practices will you incorporate to help maintain that positive mindset?

[User] 2025-05-13 15:32

meditation

[Bot] 2025-05-13 15:32

Meditation can be a wonderful practice for mental clarity and peace. How often do you plan to meditate?

[User] 2025-05-13 15:32

every day

[Bot] 2025-05-13 15:32

Daily meditation sounds like a fantastic commitment! It can help you stay grounded. Have you tried any specific techniques that you find particularly helpful?

[User] 2025-05-13 15:32

nope

[Bot] 2025-05-13 15:32

That's okay! Starting with simple mindfulness or focused breathing can be effective. Would you like suggestions for techniques to try?

[User] 2025-05-13 15:32

i'm ok, thanks

[Bot] 2025-05-13 15:32

Sure thing! If you ever change your mind or have questions, feel free to ask. What else is on your mind today?

=== Session: b07584de-990b-49fc-ab82-0082b3e07307 ===

[User] 2025-05-13 15:06

67c1d7dfe0aaba274972150e

[Bot] 2025-05-13 15:07

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-13 15:08

I have been trying to come up with creative ways to develop a business that is immensely profitable.

[Bot] 2025-05-13 15:08

That sounds exciting! What kind of business ideas have you been considering?

[User] 2025-05-13 15:09

Thats the problem I am not sure really how to start in order to accomplish something of that magnitude

[Bot] 2025-05-13 15:09

I see. Starting can feel overwhelming. Have you thought about your passions or skills to guide your ideas?

[User] 2025-05-13 15:10

It just seems as though I may be lacking in finding something that will do what I would like it to do.

[Bot] 2025-05-13 15:10

It's understandable to feel that way. What specific outcomes are you hoping to achieve with your business?

[User] 2025-05-13 15:10

Become the next Steve Jobs

[Bot] 2025-05-13 15:10

That's an ambitious goal! What qualities or strategies of his resonate most with you?

[User] 2025-05-13 15:11

his simplicity

[Bot] 2025-05-13 15:11

Simplicity is powerful. How might you apply that principle to your own ideas or business plans?

[User] 2025-05-13 15:11

Thats the catch. This is where I hit a brick wall and become stuck

[Bot] 2025-05-13 15:11

I understand. Hitting a wall can be frustrating. Have you tried breaking down your ideas into smaller, manageable steps?

[User] 2025-05-13 15:12

Even then I have trouble just breaking the problem down to manageable steps

[Bot] 2025-05-13 15:12

That makes sense; it can be tough to simplify. What specific part of the process feels most challenging for you?

[User] 2025-05-13 15:12

I wanna say the start

[Bot] 2025-05-13 15:12

Starting is often the hardest part. What's one small action you could take today to begin exploring your ideas?

[User] 2025-05-13 15:13

I really dont know

[Bot] 2025-05-13 15:13

That's okay. How about just brainstorming a few ideas without pressure? What interests you most?

[User] 2025-05-13 15:14

I am terrible at brainstorming. I wish there were techniques for how to brainstorm effectively

[Bot] 2025-05-13 15:14

I hear you. Try mind mapping: write a central idea and branch out with related thoughts.

[User] 2025-05-13 15:14

mind mapping what is that

[Bot] 2025-05-13 15:14

Mind mapping is visualizing ideas. Start with a main concept in the center and add related ideas as branches.

[User] 2025-05-13 15:14

that sounds complicated

[Bot] 2025-05-13 15:14

I understand. Keep it simple: just jot down one idea at a time, no pressure. It doesn't have to be perfect.

[User] 2025-05-13 15:15

I see are there other brainstorming techniques I could use?

[Bot] 2025-05-13 15:15

Absolutely! Try free writing, where you write continuously for a set time. Don't judge your thoughts—just let them flow.

[User] 2025-05-13 15:16

Well thank you for the suggestions I will give them a try

[Bot] 2025-05-13 15:16

You're welcome! I hope they help spark some creativity. Let me know how it goes!

[User] 2025-05-13 15:16

ok

[Bot] 2025-05-13 15:16

Great! If you have more questions or need support, feel free to reach out.

[User] 2025-05-13 15:16

ok

[Bot] 2025-05-13 15:16

Take care! I'm here whenever you need to talk.

=== Session: 3cf7aaf9-68c1-442c-84d2-417b9ab42c21 ===

[User] 2025-05-13 14:50

6605c7d99fbe34468c431d43

[Bot] 2025-05-13 14:50

Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-05-13 14:50

Just general stress and depression as my disability is preventing me from finding decent work.

[Bot] 2025-05-13 14:50

I see, that sounds really tough. It's understandable to feel stressed and down about your situation. Have you had a chance to explore any coping strategies or support systems?

[User] 2025-05-13 14:51

I've been doing physical therapy, but that's going to be a long haul/

[Bot] 2025-05-13 14:51

That makes sense; recovery can feel slow and frustrating. Besides therapy, have you found any activities that lift your mood or help distract you?

[User] 2025-05-13 14:52

I game a couple of times a week with a group I've been playing for years, so that's always fun. I try to visit friends at least once every couple of weeks.

[Bot] 2025-05-13 14:52

That sounds great! Gaming and spending time with friends can really help. How do you feel after those social interactions?

[User] 2025-05-13 14:52

Definitely better.

[Bot] 2025-05-13 14:52

I'm glad to hear that! It's important to nurture those connections. Have you considered scheduling more regular social activities to keep that positive momentum going?

[User] 2025-05-13 14:53

It's tough to schedule more dates as my friends have kids and busy lives.

[Bot] 2025-05-13 14:53

I understand; balancing schedules can be tricky. How about suggesting smaller gatherings or even virtual hangouts?

[User] 2025-05-13 14:53

That's something I could look into.

[Bot] 2025-05-13 14:55

That sounds promising! Even brief connections can make a difference. What would you enjoy doing during those catch-ups?

[User] 2025-05-13 14:55

Maybe playing some virtual group game.

[Bot] 2025-05-13 14:56

That could be a lot of fun! It keeps the camaraderie alive. Have you thought about which games your friends might enjoy playing together?

[User] 2025-05-13 14:56

We played a Pictionary-type game during Covid, so probably something like that again.

[Bot] 2025-05-13 14:56

That sounds like a great idea! Pictionary-type games are fun and engaging. Setting it up could be a nice way to reconnect. Would you want to take the lead in organizing it?

[User] 2025-05-13 14:57

Not really, but I would probably have to as their lives are busier than mine.

[Bot] 2025-05-13 14:57

I get that; stepping up can feel daunting. Maybe starting with a simple message to gauge interest could help? It might not feel as overwhelming that way.

[User] 2025-05-13 14:58

That's a good plan, thanks Therapy Chatbot.

[Bot] 2025-05-13 14:58

You're welcome! I'm glad you found it helpful. Just remember, reaching out can really strengthen those

connections. How else can I support you today?

[User] 2025-05-13 14:58

I've been craving potato leak soup, have you got a good recipe for me?

[Bot] 2025-05-13 14:58

That sounds delicious! While I can't provide a recipe, I suggest looking for one online. It's a comforting dish that's usually easy to make. Do you enjoy cooking?

[User] 2025-05-13 14:59

I do enjoy cooking, I'll look online. I think that's it for today.

[Bot] 2025-05-13 14:59

That's great to hear! Cooking can be a wonderful outlet. Take care, and feel free to reach out anytime you need support.

[User] 2025-05-13 14:59

I hope you have a good day!

[Bot] 2025-05-13 14:59

Thank you! I wish you a wonderful day as well. Take care!

=== Session: 8392f51b-c59a-41e4-b3ac-092572fd02b0 ===

[User] 2025-05-13 14:32

680e67f9d4d42c1a45b04c57

[Bot] 2025-05-13 14:33

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-13 14:33

I have been very anxious about my finances

[Bot] 2025-05-13 14:33

I see, financial anxiety can be really overwhelming. What specific worries do you have?

[User] 2025-05-13 14:34

If I will be able to retire and be comfortable with my savings

[Bot] 2025-05-13 14:34

That makes sense; retirement can feel daunting. Have you thought about creating a budget or a savings plan?

[User] 2025-05-13 14:37

yeah I have thought of that and have made strides towards having a savings plan but I am not sure if my savings plan will be sufficient, what if an unforeseen event occurs and all of my savings are lost?

[Bot] 2025-05-13 14:37

It's understandable to worry about unexpected events. Have you considered building an emergency fund to buffer against surprises?

[User] 2025-05-13 14:38

yeah I have but I do not know where to start, would be kind enough to advice me on how to go about it

[Bot] 2025-05-13 14:38

Of course! Start by determining a comfortable amount to set aside each month. Aim for three to six months' worth of expenses.

[User] 2025-05-13 14:39

how would I restrain myself from using the money when it is not an emergency

[Bot] 2025-05-13 14:39

That's a common concern. Consider setting clear rules for what constitutes an emergency, and keep the fund in a separate account to minimize temptation.

[User] 2025-05-13 14:39

that is a good advice, would it be wise to invest in stocks as a way of investing for my future

[Bot] 2025-05-13 14:39

Investing in stocks can be wise, but it carries risks. Have you researched your options and considered your risk tolerance?

[User] 2025-05-13 14:41

yeah to some extent but i need more data, can you provide me with statistics of how many people who have in the past been successful in investing in the stock market?

[Bot] 2025-05-13 14:41

I can't provide specific statistics, but historically, many investors who stay informed and diversify their portfolios tend to see growth over time. Would you like tips on resources for learning about investing?

[User] 2025-05-13 14:41

yes please

[Bot] 2025-05-13 14:41

You might explore online courses, financial podcasts, or books on investing basics. Websites like Investopedia can also be helpful for learning.

[User] 2025-05-13 14:41

any that you would recommend

[Bot] 2025-05-13 14:41

FLOWISE_DOUBLE_QUOTE Rich Dad Poor Dad FLOWISE_DOUBLE_QUOTE by Robert Kiyosaki is popular, and FLOWISE_DOUBLE_QUOTE The Intelligent Investor FLOWISE_DOUBLE_QUOTE by Benjamin Graham is a classic. Both offer valuable insights.

[User] 2025-05-13 14:42

thank you for the recommendations

[Bot] 2025-05-13 14:42

You're welcome! I'm glad to help. Do you have any other questions or concerns on your mind?

=== Session: adb50269-1ebb-47c4-a33e-42aa4c3f484b ===

[User] 2025-05-13 13:44

Jejej

[Bot] 2025-05-13 13:44

It seems like you might be feeling lighthearted. What's on your mind today? And please share your Prolific ID when you can.

=== Session: fd82961d-bf97-4bf4-a71e-0e684b54caad ===

[User] 2025-05-20 11:23

67c7cde782ca57763874fa00

[Bot] 2025-05-20 11:23

Thanks for sharing your Prolific ID. How are you feeling today?

[User] 2025-05-20 11:24

nervese

[Bot] 2025-05-20 11:24

I see, feeling nervous can be quite challenging. What's on your mind?

[User] 2025-05-20 11:30

i have a health issue that my wife knows about, but she does not know the severity of the problem

[Bot] 2025-05-20 11:30

That sounds tough. It's understandable to feel anxious about sharing. What concerns you most about discussing it with her?

[User] 2025-05-20 11:32

that im letting her down. that she has so much to worry about and now i will just add to her plate.

[Bot] 2025-05-20 11:32

I hear you; you don't want to burden her. It's important to remember that sharing can strengthen your bond. Have you thought about how you might approach the conversation?

[User] 2025-05-20 11:33

no, i have no idea how to tell her. She need the fanancia support i supply, i can not stop working

[Bot] 2025-05-20 11:33

That makes sense; you're feeling a lot of pressure. Maybe starting with a small, honest conversation could help. You could share your feelings about your health and its impact on you, without overwhelming her. Would that feel manageable?

[User] 2025-05-20 11:33

how do i start that conversation

[Bot] 2025-05-20 11:33

Consider starting with an open, honest statement like, `FLOWISE_DOUBLE_QUOTE`I need to talk about something important.`FLOWISE_DOUBLE_QUOTE` This sets the tone for a serious discussion. Would that feel comfortable for you?

[User] 2025-05-20 11:34

no, she will immediatly thing of a million crazy things

[Bot] 2025-05-20 11:34

I understand; you want to ease her worries first. Perhaps you could start with something reassuring, like, `FLOWISE_DOUBLE_QUOTE`I want to share something, but I'm okay.`FLOWISE_DOUBLE_QUOTE` Then, explain your health issue gradually. How does that sound?

[User] 2025-05-20 11:35

it sounds if it might work

[Bot] 2025-05-20 11:35

That's great to hear! Just take your time and be gentle with both her and yourself. What do you think you'd like to say next?

[User] 2025-05-20 11:35

you know i have health issue, well it has gotten worse. im onky at the moment, but we need to talk

[Bot] 2025-05-20 11:35

That sounds like a clear way to express your situation. You're being honest while also keeping the door open for her to respond. How do you feel about that approach?

[User] 2025-05-20 11:36

im scared to be honest

[Bot] 2025-05-20 11:36

It's completely normal to feel scared about being honest, especially regarding health. Remember, sharing can also lead to support and understanding. What's the worst part of this fear for you?

[User] 2025-05-20 11:37

for letting her down

[Bot] 2025-05-20 11:37

I hear you; that fear of letting her down can be heavy. Remember, being open can actually strengthen your relationship. She may appreciate your honesty. How do you think she might react?

[User] 2025-05-20 11:37

she will cry

[Bot] 2025-05-20 11:37

It's understandable to worry about her reaction. Her emotions show she cares deeply. You might reassure her that you're sharing to keep her informed, not to burden her. How does that make you feel?

=== Session: 65d6f223-8340-4325-b2da-7390c76d4713 ===

[User] 2025-05-20 10:33

681f07ef282b2d7ee6fb6aad

[Bot] 2025-05-20 10:34

Thanks for sharing your Prolific ID. What would you like to discuss today?

[User] 2025-05-20 10:34

I will discuss stress with you

[Bot] 2025-05-20 10:35

I see, stress can be quite overwhelming. What specific aspects are you dealing with?

[User] 2025-05-20 10:35

The colleagues at work give me stress

[Bot] 2025-05-20 10:35

That makes sense; workplace dynamics can be tough. What interactions are causing you the most stress?

[User] 2025-05-20 10:36

Others colleagues their not coming at work and the make me have a lots of job

[Bot] 2025-05-20 10:36

I understand that can feel really unfair and overwhelming. Have you considered discussing this workload with your manager?

[User] 2025-05-20 10:36

Noo

[Bot] 2025-05-20 10:36

That's okay. It can be daunting to bring it up. What holds you back from talking to your manager about it?

[User] 2025-05-20 10:37

Am proctecting them for losing job

[Bot] 2025-05-20 10:38

I see your concern for their job security. That's compassionate of you. But how's your workload affecting your well-being?

[User] 2025-05-20 10:39

I work too much which give stress cause i do not rest

[Bot] 2025-05-20 10:39

That's tough. It's important to prioritize your own well-being. Have you thought about setting boundaries or scheduling short breaks?

[User] 2025-05-20 10:39

Noo but i want to do that

[Bot] 2025-05-20 10:39

That's a great step! Start small—maybe take a five-minute break every hour. How does that sound to you?

[User] 2025-05-20 10:40

Good thanks

[Bot] 2025-05-20 10:40

You're welcome! I'm glad you find it helpful. Let me know how it goes or if you want to explore more strategies.

[User] 2025-05-20 10:40

I would appreciate iy

[Bot] 2025-05-20 10:40

Of course! You might also try mindfulness techniques to help manage stress. Have you ever practiced any mindfulness exercises?

[User] 2025-05-20 10:41

Noo

[Bot] 2025-05-20 10:41

That's alright! Simple breathing exercises can be a good start. Would you like a brief guide on how to do them?

[User] 2025-05-20 10:41

Yes

[Bot] 2025-05-20 10:41

Sure! Take a deep breath in through your nose for four seconds, hold for four, then exhale slowly through your mouth for six. Repeat this a few times. How does that sound?

[User] 2025-05-20 10:41

Good

[Bot] 2025-05-20 10:41

I'm glad you think so! Try it out when you feel stressed and see how it helps. Would you like to explore more techniques?

[User] 2025-05-20 10:42

Yes

[Bot] 2025-05-20 10:42

Great! You could also try journaling your thoughts. Writing down your feelings can provide clarity and relief. Would that interest you?

[User] 2025-05-20 10:42

Yes

[Bot] 2025-05-20 10:42

That's wonderful! Try setting aside a few minutes each day to write. Focus on your feelings and what's on your mind. How does that idea feel to you?

[User] 2025-05-20 10:43

Good thanks

[Bot] 2025-05-20 10:43

You're welcome! I'm glad you like it. Let me know how it goes or if you want to discuss anything else.

[User] 2025-05-20 10:43

Noo

[Bot] 2025-05-20 10:43

That's okay! If you ever want to talk or need support, I'm here for you. Just reach out whenever you're ready.

=== Session: 7039b725-d3e4-48bc-a230-e223739ce482 ===

[User] 2025-05-20 10:11

67b8636acd5ed420cc098b64

[Bot] 2025-05-20 10:11

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-20 10:12

I have been thinking about staying indoors and not talking to anyone

[Bot] 2025-05-20 10:12

I see. It sounds like you're feeling withdrawn. What do you think is driving this desire to stay in?

[User] 2025-05-20 10:14

Because I just need my space to just cry by myself without anyone seeing me

[Bot] 2025-05-20 10:14

That makes sense. It's okay to need space to process your emotions. What helps you feel better when you're in that space?

[User] 2025-05-20 10:14

Crying makes me feel better

[Bot] 2025-05-20 10:14

Crying can be a healthy release. Do you find it helps clarify your feelings or thoughts afterward?

[User] 2025-05-20 10:15

A little bit

[Bot] 2025-05-20 10:15

It's good that you're aware of that. Would you be open to exploring other ways to express those feelings too?

[User] 2025-05-20 10:15

Yes

[Bot] 2025-05-20 10:15

Great! Journaling or creative activities can be helpful. Have you tried any of those before?

[User] 2025-05-20 10:16

No I haven't

[Bot] 2025-05-20 10:16

That's okay! Journaling can be simple—just write what you feel. Would you like some tips on getting started?

[User] 2025-05-20 10:16

Yes

[Bot] 2025-05-20 10:16

Start with a few minutes each day. Write whatever comes to mind, no judgment. Just let it flow!

[User] 2025-05-20 10:16

Ok

[Bot] 2025-05-20 10:16

I'm glad you're open to it! How about setting aside a specific time each day for this?

[User] 2025-05-20 10:17

Can it be any time of the day?

[Bot] 2025-05-20 10:17

Absolutely! Choose a time that feels right for you, maybe when you're most relaxed.

[User] 2025-05-20 10:18

Ok 08h00 in the morning

[Bot] 2025-05-20 10:18

That sounds like a solid plan! Morning can set a positive tone for the day. How do you feel about it?

[User] 2025-05-20 10:19

I feel positive

[Bot] 2025-05-20 10:19

That's wonderful to hear! Starting your day with positivity can really help. What do you hope to gain from this practice?

[User] 2025-05-20 10:20

Positivity and relaxation

[Bot] 2025-05-20 10:20

Those are great goals! Writing can help clear your mind. How about incorporating some relaxation techniques alongside it?

[User] 2025-05-20 10:20

Which are those techniques?

[Bot] 2025-05-20 10:20

You might try deep breathing, mindfulness, or gentle stretching. Do any of these resonate with you?

=== Session: d9961ec2-f1d4-4d32-9de5-440939300172 ===

[User] 2025-05-20 09:40

67c04bda5708d393f79375eb

[Bot] 2025-05-20 09:40

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-20 09:40

i have problems with stress

[Bot] 2025-05-20 09:40

I see, stress can be overwhelming. What specific situations tend to trigger it for you?

[User] 2025-05-20 09:41

both home life and work

[Bot] 2025-05-20 09:41

That makes sense. Can you share a bit more about what's causing stress in those areas?

[User] 2025-05-20 09:42

at home my husband has some health issues and work is just too much

[Bot] 2025-05-20 09:42

I'm sorry to hear that. Balancing health challenges and work pressure can be tough. How do you usually cope with these stresses?

[User] 2025-05-20 09:43

unfortunately i have a tendency to be very short tempered and easily annoyed because of the stress

[Bot] 2025-05-20 09:43

It's understandable to feel that way under pressure. Have you noticed any patterns or triggers for your anger?

[User] 2025-05-20 09:44

yes, a dirty house

[Bot] 2025-05-20 09:44

That's a common trigger. Would setting small cleaning goals help you manage that stress better?

[User] 2025-05-20 09:44

it might

[Bot] 2025-05-20 09:44

Starting with small, manageable tasks can really help. What's one area you could focus on first?

[User] 2025-05-20 09:44

kitchen

[Bot] 2025-05-20 09:44

Great choice! A clean kitchen can make a big difference. How about spending just 10 minutes tidying it up?

[User] 2025-05-20 09:45

I do that every night. it just annoys me that I'm the only one that cares

[Bot] 2025-05-20 09:45

That sounds frustrating. It's tough when it feels like you're carrying the load alone. Have you talked to your husband about how you're feeling?

[User] 2025-05-20 09:45

no

[Bot] 2025-05-20 09:45

I understand. It can be daunting to bring it up. What holds you back from discussing it with him?

[User] 2025-05-20 09:46

because it's his mother that makes the mess and leaves it that way

[Bot] 2025-05-20 09:46

That's a tricky situation. It's tough when family dynamics are involved. Would it help to express your feelings without placing blame?

[User] 2025-05-20 09:46

how do I do that

[Bot] 2025-05-20 09:46

You might start with `FLOWISE_DOUBLE_QUOTE`I feel overwhelmed when the kitchen is messy.`FLOWISE_DOUBLE_QUOTE` This keeps the focus on your feelings rather than on blame. Would you be comfortable trying that?

[User] 2025-05-20 09:47

yes, I will try that

[Bot] 2025-05-20 09:47

That's a positive step! It might open up a constructive conversation. How do you feel about approaching it?

[User] 2025-05-20 09:47

still a little scared. if it was my mother it would have been easier, but it's my mother-in-law

[Bot] 2025-05-20 09:47

That makes sense; it's natural to feel more apprehensive. Remember, it's about expressing your needs, not criticizing her. You've got this!

[User] 2025-05-20 09:48

and if she feels blamed or criticized?

[Bot] 2025-05-20 09:48

That's a valid concern. Emphasizing your feelings can help. You might say, "I need support to keep the space comfortable." This shifts the focus from blame to teamwork.

[User] 2025-05-20 09:48

that might work

[Bot] 2025-05-20 09:48

I'm glad you think so! It's all about fostering understanding. How about practicing what you want to say beforehand?

[User] 2025-05-20 09:49

we can try. Mother i know you do a lot for us on a daily basis but i need you help to keep the kitchen clean.

[Bot] 2025-05-20 09:50

That sounds good! It's respectful and direct. Would you feel comfortable adding how it impacts you emotionally?

=== Session: 32ee2eda-35e7-43aa-ad51-83c238529e96 ===

[User] 2025-05-20 09:17

67e6444630bfd70e1419c4c0 I am slowly getting there been stressed for the past few days

[Bot] 2025-05-20 09:17

I see, stress can really weigh on you. What do you think is contributing to that feeling?

[User] 2025-05-20 09:17

having family issues

[Bot] 2025-05-20 09:17

That makes sense; family dynamics can be really challenging. Can you share a bit more about what's been happening?

[User] 2025-05-20 09:18

my uncle is kicking people out the house back there at home

[Bot] 2025-05-20 09:18

That sounds really tough and likely creates a lot of tension. How are you feeling about the situation?

[User] 2025-05-20 09:19

i feel over whelmed because now I have to accommodate them in my house meanwhile the cost of living is too high

[Bot] 2025-05-20 09:19

I understand; that sounds really overwhelming. Balancing your space and finances is a lot. Have you thought about setting boundaries for yourself?

[User] 2025-05-20 09:20

how can I do that?

[Bot] 2025-05-20 09:20

You might start by communicating openly about your limits. Consider discussing what you can offer and what you can't. How does that sound?

[User] 2025-05-20 09:21

It will look like I dont want them in my house but Ive been thinking of getting them a place to rent

[Bot] 2025-05-20 09:21

It's understandable to worry about perceptions. Offering help with renting could show you care while maintaining your boundaries. Have you looked into any options yet?

[User] 2025-05-20 09:22

yes this morning I was browsing through rental places they must also start job hunting honestly

[Bot] 2025-05-20 09:22

That's a proactive approach! Encouraging them to find jobs can help everyone feel more settled. How do you plan to bring that up with them?

[User] 2025-05-20 09:23

I have to be honest with them speak straight

[Bot] 2025-05-20 09:23

Honesty can be the best way to communicate your feelings. It shows you care while being clear about your needs. Do you feel comfortable having that conversation?

[User] 2025-05-20 09:24

yes

[Bot] 2025-05-20 09:24

That's great to hear! Being straightforward can really help. Just remember to express your support as well. How do you think they'll react?

[User] 2025-05-20 09:25

I don't know how they will

[Bot] 2025-05-20 09:25

That uncertainty is completely normal. They might need time to process your words. How do you plan to support them afterward, regardless of their reaction?

[User] 2025-05-20 09:25

help them look for jobs

[Bot] 2025-05-20 09:25

That's a kind and practical way to support them! It shows you're invested in their success. Are there any specific job resources you have in mind?

=== Session: d2ed8c0b-b9df-4b6d-8d80-ae24d840aea8 ===

[User] 2025-05-20 07:46

67ea6e471b6099c8d45731de

[Bot] 2025-05-20 07:46

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-20 07:47

Hi! I have been feeling anxious lately. I have an upcoming presentation

[Bot] 2025-05-20 07:47

I see, presentations can be nerve-racking. What specific thoughts or feelings are causing your anxiety?

[User] 2025-05-20 07:52

I am scared of messing up and I do not feel ready

[Bot] 2025-05-20 07:52

That makes sense; fear of making mistakes is common. What preparation steps have you taken so far?

[User] 2025-05-20 07:52

I have not taken any steps yet

[Bot] 2025-05-20 07:52

Starting with small steps can help ease your anxiety. How about setting aside time to outline your presentation?

[User] 2025-05-20 07:53

That would work

[Bot] 2025-05-20 07:53

Great! Breaking it down into manageable parts can make it feel less overwhelming. When do you plan to start?

[User] 2025-05-20 07:53

Today

[Bot] 2025-05-20 07:53

That's a solid choice! Just take it one step at a time. How do you feel about practicing your delivery afterward?

[User] 2025-05-20 07:53

Much better, thank you

[Bot] 2025-05-20 07:53

You're welcome! Practicing can really boost your confidence. Is there anything else you'd like to discuss?

[User] 2025-05-20 07:54

How to feel confident

[Bot] 2025-05-20 07:54

Building confidence often comes from preparation and practice. What's one positive affirmation you can remind yourself of?

[User] 2025-05-20 07:54

I am capable of anything

[Bot] 2025-05-20 07:55

That's a powerful affirmation! Repeating that before your presentation can help. How do you usually feel after you present?

[User] 2025-05-20 07:55

Relieved

[Bot] 2025-05-20 07:55

That relief is a great feeling! Focusing on that outcome can help ease your anxiety. What else helps you feel relaxed before a presentation?

[User] 2025-05-20 07:55

Music

[Bot] 2025-05-20 07:55

Listening to music is a wonderful way to calm nerves! What kind of music do you like to listen to before a presentation?

[User] 2025-05-20 07:55

Classic music

[Bot] 2025-05-20 07:55

Classical music can be very soothing. Do you have a favorite piece that helps you focus?

[User] 2025-05-20 07:56

Yes I do. Thank you so much for the help!

[Bot] 2025-05-20 07:56

You're very welcome! I'm glad to help. Enjoy your music and good luck with your presentation!

=== Session: 5af97e51-05fb-43bc-8e04-a86f98d4d1cf ===

[User] 2025-05-20 07:04

67f69d82d11390a358235558

[Bot] 2025-05-20 07:04

Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-05-20 07:07

I am just glad to have conversation with you

[Bot] 2025-05-20 07:07

I'm glad to hear that! It's nice to chat. What's been going on in your life lately?

[User] 2025-05-20 07:10

I am trying here and there until i reach my goals

[Bot] 2025-05-20 07:10

That's a great mindset to have! What specific goals are you working towards right now?

[User] 2025-05-20 07:13

To achieve my

[Bot] 2025-05-20 07:13

I see you're focused on achieving something important. Can you share more about what that is?

=== Session: 326329c1-f0dc-4f7e-a458-92fbf24e6649 ===

[User] 2025-05-20 05:26

67dc4b1777c47628bbc17efe

[Bot] 2025-05-20 05:26

Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-05-20 05:27

I have an upcoming presentation at work and I feel a little overwhelmed. It is only in two days but I feel not prepared enough

[Bot] 2025-05-20 05:27

I see. Feeling overwhelmed is completely normal before a presentation. What specifically makes you feel unprepared?

[User] 2025-05-20 05:28

It is a make or break presentation, if I do well I stand to get a promotion so it's very important that I ace the presentation.

[Bot] 2025-05-20 05:28

That makes sense; the pressure can feel intense. Have you considered breaking down your preparation into smaller tasks?

[User] 2025-05-20 05:29

Yes, I am trying that right now and I feel a little better but still a bit stress inducing

[Bot] 2025-05-20 05:29

It's great you're breaking it down. Maybe try focusing on your progress rather than the end goal. How does that feel?

[User] 2025-05-20 05:30

Oh, sounds good enough. Maybe have an end goal in mind but still focus on one thing at a time you mean?

[Bot] 2025-05-20 05:30

Exactly! Keeping the end goal in mind while taking it step by step can ease the pressure. Have you set specific tasks for today?

[User] 2025-05-20 05:30

Not yet, the day has just started but will do that soon as I finish my breakfast

[Bot] 2025-05-20 05:31

That sounds like a solid plan. A good breakfast can help clear your mind. What's one task you'd like to tackle first?

[User] 2025-05-20 05:32

I think I will first start with what my manager suggested and that is to lay down a plan for what I will be focusing on for the next 3 months in terms of my job because they require a solid plan with actionable goals from me

[Bot] 2025-05-20 05:33

That's a great starting point! Laying out actionable goals can really help. How do you feel about creating that plan?

[User] 2025-05-20 05:34

I have already drafted it but it is still a little rough around the edges so I guess that's what I will be focusing on 1st

[Bot] 2025-05-20 05:34

That sounds like a productive focus. Refining your draft can boost your confidence too. What elements do you want to enhance in it?

[User] 2025-05-20 05:35

I would like to properly highlight the importance of my roles within the company as they have asked me to do

[Bot] 2025-05-20 05:35

Highlighting your role's importance is key. Maybe think about specific achievements or contributions you've made. How do you feel about showcasing those?

=== Session: c87abbac-a494-4335-95a5-cb8d4c741e4f ===

[User] 2025-05-20 05:05

Hi, i am feeling a bit down today 67756330c30b5198d96cd39c

[Bot] 2025-05-20 05:05

I see you're feeling down today. It's tough to navigate those emotions. Can you share more about what's been bothering you?

[User] 2025-05-20 05:08

I feel lonely when i am not around people and working working more hours sometimes drains me

[Bot] 2025-05-20 05:08

That makes sense; loneliness can be really heavy, especially when work feels overwhelming. Have you considered setting boundaries on work hours or scheduling time for social connections?

[User] 2025-05-20 05:09

No i have not considered

[Bot] 2025-05-20 05:09

It might be helpful to think about small adjustments, like designating specific times for breaks or socializing. Could that be something you'd try?

[User] 2025-05-20 05:10

That is a good idea and i will try it out

[Bot] 2025-05-20 05:10

I'm glad to hear that! Taking small steps can make a big difference. How about setting a specific time for a break this week?

[User] 2025-05-20 05:12

I am schedule my breaks maybe that will also help me

[Bot] 2025-05-20 05:12

That sounds like a great plan! Scheduled breaks can really refresh your mind. What activities do you enjoy during those breaks?

[User] 2025-05-20 05:12

Gym

[Bot] 2025-05-20 05:12

That's excellent! Exercise can boost your mood and energy. How often do you typically get to the gym?

[User] 2025-05-20 05:13

3days

[Bot] 2025-05-20 05:13

Three days is a solid routine! Maybe you could add a short walk or stretch on your break days to keep the momentum going. How does that sound?

=== Session: 3be4174d-7428-435b-9932-1a4ad2a87d8c ===

[User] 2025-05-20 04:38

660562bbe704ea297dcbd597

[Bot] 2025-05-20 04:38

Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-05-20 04:39

I feel a bit depressed

[Bot] 2025-05-20 04:39

I see. That sounds tough. Can you tell me what's been contributing to those feelings?

[User] 2025-05-20 04:39

I am having some issues with my family

[Bot] 2025-05-20 04:40

That makes sense; family matters can weigh heavily on us. What specific issues are you facing?

[User] 2025-05-20 04:40

I have not finished my degree yet and I lost interest along the way

[Bot] 2025-05-20 04:40

It's understandable to feel lost when you lose interest. What do you think led to that loss of motivation?

[User] 2025-05-20 04:41

I missed a lot of classes, I am so backward academically

[Bot] 2025-05-20 04:41

That sounds really frustrating. Missing classes can be overwhelming. How do you feel about catching up now?

[User] 2025-05-20 04:42

I lost interest and each time I try I still cannot be able to attend the lectures or even go to school.

[Bot] 2025-05-20 04:42

I get that; it can be hard to regain motivation when you're feeling stuck. Have you thought about small steps to re-engage with your studies?

[User] 2025-05-20 04:42

Not yet, do you have any that can help

[Bot] 2025-05-20 04:43

Sure! Start with setting small, manageable goals, like attending one class or studying for just 20 minutes. How does that sound?

[User] 2025-05-20 04:43

How will the lecturers and other students view me?

[Bot] 2025-05-20 04:43

I understand that concern; it's common to worry about others' perceptions. Remember, most people are focused on their own challenges. Have you thought about how you might frame your return to classes?

[User] 2025-05-20 04:44

not yet

[Bot] 2025-05-20 04:44

That's okay. You could approach it as a fresh start, focusing on your growth. What would feel comfortable for you in that situation?

[User] 2025-05-20 04:44

What do you mean by a fresh start?

[Bot] 2025-05-20 04:44

A fresh start means viewing your return as an opportunity to learn and grow, rather than focusing on past setbacks. How might that perspective feel for you?

[User] 2025-05-20 04:45

That sounds great, how will I approach the administration?

[Bot] 2025-05-20 04:45

You could reach out to explain your situation and express your desire to return. Being honest often fosters understanding. Have you considered what you might say?

[User] 2025-05-20 04:45

Not yet

[Bot] 2025-05-20 04:45

That's alright. You might say you faced challenges but are eager to get back on track. Would you like to brainstorm some specific points to include?

[User] 2025-05-20 04:46

yes

[Bot] 2025-05-20 04:46

Great! You could mention your past interest in the subject, the challenges you faced, and your commitment to re-engage. What else feels important to share?

[User] 2025-05-20 04:46

My school fees balances

[Bot] 2025-05-20 04:46

Absolutely, mentioning your fee balance is important. You could ask about options for managing that while you return. How do you feel about discussing your financial concerns?

[User] 2025-05-20 04:47

I feel free

[Bot] 2025-05-20 04:47

That's wonderful to hear! Feeling free can really help in addressing challenges. What's your next step now that you're feeling this way?

[User] 2025-05-20 04:47

I will try to take the first step and how it goes

[Bot] 2025-05-20 04:47

That sounds like a solid plan! Taking that first step can be empowering. Remember, I'm here to support you along the way.

[User] 2025-05-20 04:47

Thanks to you

[Bot] 2025-05-20 04:48

You're welcome! I'm glad to help. Just take it one step at a time, and feel free to reach out whenever you need.

[User] 2025-05-20 04:48

I will reach out with results

[Bot] 2025-05-20 04:48

I look forward to hearing about your progress! Take care, and good luck with everything.

=== Session: 7fbf7be8-0ea9-4f5d-9b0e-48367531f7ef ===

[User] 2025-05-20 04:15

67cddba722fc0e6d11174a09

[Bot] 2025-05-20 04:15

Thanks for sharing your Prolific ID. How are you feeling today?

[User] 2025-05-20 04:15

I am feeling anxious

[Bot] 2025-05-20 04:15

I see, anxiety can be really tough to manage. What's been on your mind lately?

[User] 2025-05-20 04:16

A lot has been on my mind lately. I feel like my life is stagnant and there are no good changes happening in my life

[Bot] 2025-05-20 04:16

That makes sense; feeling stagnant can be frustrating. What kind of changes are you hoping for?

[User] 2025-05-20 04:17

I am hoping to buy a car before mid 2026

[Bot] 2025-05-20 04:17

That's a solid goal! What steps do you think you could take to work toward that?

[User] 2025-05-20 04:17

I have started saving money, but I feel like I am not saving enough

[Bot] 2025-05-20 04:17

It's great that you're saving! Have you thought about setting a specific monthly savings goal?

[User] 2025-05-20 04:20

Yes but I still feel like it won't be enough to get me a car by mid 2026

[Bot] 2025-05-20 04:20

I understand that worry. Would breaking down the total cost into smaller, manageable steps help?

[User] 2025-05-20 04:21

Yes I think it would, but I am not so good with drafting down a budget

[Bot] 2025-05-20 04:21

No problem! You might start by listing your income and expenses. Would you like help with that process?

[User] 2025-05-20 04:21

Yes please

[Bot] 2025-05-20 04:21

Sure! Begin by writing down your monthly income. Then list your regular expenses like rent, bills, and food.

[User] 2025-05-20 04:21

Okay

[Bot] 2025-05-20 04:21

Once you've got those down, subtract your expenses from your income. What do you find left for savings?

[User] 2025-05-20 04:23

I still have other things I spend money on

[Bot] 2025-05-20 04:23

That's completely normal! It might help to categorize those expenses. What are some of those other things?

[User] 2025-05-20 04:23

Going out for dinner once a month

[Bot] 2025-05-20 04:23

Dining out can add up! Would reducing that to every other month help your savings?

[User] 2025-05-20 04:24

Do you think I should reduce it till I buy the car then I can go back to it after?

[Bot] 2025-05-20 04:24

That could be a smart move. Temporarily cutting back might help you reach your goal faster. How do you feel about that?

[User] 2025-05-20 04:24

Okay, sounds like a smart idea

[Bot] 2025-05-20 04:24

I'm glad you think so! It can be empowering to make small sacrifices for a bigger goal. What's your next step?

=== Session: a5ce0cfb-e2cd-4064-9f43-cca1110f628d ===

[User] 2025-05-20 03:47

664b659386921be78bcfc4d8

[Bot] 2025-05-20 03:47

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-20 03:48

nothing much, but this issue of defending my project proposal

[Bot] 2025-05-20 03:48

I see, defending a project proposal can be stressful. What specifically worries you about it?

[User] 2025-05-20 03:48

presentation in front of the supervisors

[Bot] 2025-05-20 03:49

That makes sense; presenting can feel daunting. Have you practiced your presentation yet?

[User] 2025-05-20 03:49

not yet

[Bot] 2025-05-20 03:49

Starting with practice can really help ease your nerves. Would you like some tips on how to prepare?

[User] 2025-05-20 03:49

yes

[Bot] 2025-05-20 03:49

Try breaking your presentation into sections and practice each one separately. Rehearsing in front of a friend or recording yourself can also be beneficial. How does that sound?

[User] 2025-05-20 03:50

but i dont have many friends

[Bot] 2025-05-20 03:50

I understand; that can be tough. You could practice in front of a mirror or record yourself. It can still give you a sense of how you'll present. Would that work for you?

[User] 2025-05-20 03:50

you mean i will be the judge of myself

[Bot] 2025-05-20 03:50

Exactly! It can help you spot areas for improvement. Self-reflection can be very insightful. Do you feel comfortable with that approach?

[User] 2025-05-20 03:51

no

[Bot] 2025-05-20 03:51

That's okay; it's not for everyone. Would you consider seeking feedback from a classmate or using online platforms for practice?

[User] 2025-05-20 03:51

i fear to be rejected by the classmate because they have that tendency to reject me

[Bot] 2025-05-20 03:52

I hear you; rejection can be really hard to face. It might help to frame it as a learning opportunity. Would you find it easier to ask someone who's more supportive?

[User] 2025-05-20 03:52

like who now?

[Bot] 2025-05-20 03:52

Maybe a mentor, a professor, or even someone from a study group. They might provide constructive feedback. How do you feel about reaching out to them?

[User] 2025-05-20 03:53

it sounds good, but this are people who are always busy

[Bot] 2025-05-20 03:53

I get that; busy schedules can make it tough. Perhaps you could send a brief email or message asking for just a few minutes to share your proposal. Would that feel manageable?

[User] 2025-05-20 03:53

yes

[Bot] 2025-05-20 03:53

Great! A short message can be effective. Just be clear about your request. How do you feel about drafting that message now?

[User] 2025-05-20 03:53

okay i will do it

[Bot] 2025-05-20 03:54

That's a positive step! Once you send it, you might feel a bit more at ease. How are you feeling about the proposal overall?

[User] 2025-05-20 03:54

i feel confident about my proposal. i know it is strong and solid

[Bot] 2025-05-20 03:54

That's fantastic to hear! Confidence in your work can really shine through in your presentation. What do you think makes your proposal stand out?

[User] 2025-05-20 03:55

my conceptual framework clearly outlines what the proposal is about

[Bot] 2025-05-20 03:55

That's a strong point! A clear conceptual framework helps others understand your vision. How do you plan to highlight that during your presentation?

[User] 2025-05-20 03:56

i have a power point presentation. it highlights the contents of the proposal

[Bot] 2025-05-20 03:56

Sounds like a solid approach! Visual aids can really enhance your message. Have you thought about how you'll engage your audience during the presentation?

[User] 2025-05-20 03:56

yes, exclusive explanations

[Bot] 2025-05-20 03:56

That's a smart strategy! Exclusive explanations can keep your audience interested. How do you plan to handle questions from them?

[User] 2025-05-20 03:57

answer clearly. i have come to the end of my time

[Bot] 2025-05-20 03:57

That's a good mindset. Clear answers show your confidence. Best of luck with your presentation!

=== Session: 0b353028-8c9d-455f-b047-fa0bffc5a86d ===

[User] 2025-05-20 03:09

i'm so stressed today, i missed an important appointment at work. WHAT DO YOU THINK I SHOULD DO/

[Bot] 2025-05-20 03:10

I see how missing that appointment would be stressful. It's understandable to feel overwhelmed. First, try to breathe deeply and acknowledge your feelings. Then, consider reaching out to your supervisor to explain the situation and see if you can reschedule. What do you think might help you feel more grounded right now?

[User] 2025-05-20 03:11

I'm not sure but i have a question, if you don't mind me asking

[Bot] 2025-05-20 03:11

Of course, I'm here to help. What's your question?

[User] 2025-05-20 03:12

If you were my supervisor, what kind of punishment would you give me, given the situation?

[Bot] 2025-05-20 03:13

I understand your concern, but it's important to focus on solutions rather than punishment. Most supervisors appreciate honesty and effort to improve. How do you feel about discussing your missed appointment with your supervisor?

[User] 2025-05-20 03:13

I think it's a great idea, perhaps he won't be that mad at me

[Bot] 2025-05-20 03:14

That makes sense. Most people appreciate openness and understanding. Just be honest about what happened, and focus on how you'll prevent it in the future. How do you feel about preparing for that conversation?

[User] 2025-05-20 03:15

Thanks for the advice, you are indeed a true friend. Can you give me any other advice for future reference

[Bot] 2025-05-20 03:15

I'm glad I could help! For future situations, consider setting reminders or planning ahead to stay organized. Also, practicing stress-reduction techniques, like mindfulness or deep breathing, can be beneficial. How do you typically manage stress when it arises?

[User] 2025-05-20 03:17

I don't have any technique, I just take every day as it comes though I sometimes hide my stress behind the bottle which I know isn't good

[Bot] 2025-05-20 03:17

I see, and it's insightful of you to recognize that pattern. It's tough to manage stress, but there are healthier coping strategies. Consider exploring activities like exercise, journaling, or talking to someone when you feel overwhelmed. What do you think might work for you?

[User] 2025-05-20 03:18

Your suggestion can actually work, thank you it was really nice talking to you

[Bot] 2025-05-20 03:18

I'm glad you found it helpful! It was nice talking with you too. Remember, taking small steps can lead to positive changes. If you need to chat again, I'm here for you. Take care!

=== Session: efa1920a-24a0-4412-951a-4786faad8293 ===

[User] 2025-05-20 01:40

6669df2f25867bc36bb36c7d

[Bot] 2025-05-20 01:40

I see you've shared a Prolific ID. How can I support you today?

[User] 2025-05-20 01:42

You're a therapy robot? Explain how you work.

[Bot] 2025-05-20 01:42

I'm here as your therapist during this session. Let's focus on what's troubling you and how I can help.

[User] 2025-05-20 01:42

Well, I feel unmotivated for everything, I just procrastinate without daring to take any steps.

[Bot] 2025-05-20 01:42

That makes sense; feeling unmotivated can be overwhelming. What tasks are you finding hardest to start?

[User] 2025-05-20 01:43

Anything—I need money but I can't work, I need to change my body but I can't, anything, no matter how small, is very hard for me.

[Bot] 2025-05-20 01:43

I hear you; that sounds really tough. Have you considered breaking tasks into tiny, manageable steps?

[User] 2025-05-20 01:44

yes, can't work either

[Bot] 2025-05-20 01:44

I understand. It might help to explore what's holding you back from working. What do you think it is?

[User] 2025-05-20 01:45

I'm not comfortable in any job; I left my last job with a lot of stress and anxiety.

[Bot] 2025-05-20 01:45

That's completely valid. Stressful experiences can linger. How do you currently cope with those feelings?

[User] 2025-05-20 01:45

Procrastinating, with hobbies, shut in at home.

[Bot] 2025-05-20 01:46

I see. It's natural to seek comfort, but it can also feel isolating. What hobbies help you feel better?

[User] 2025-05-20 01:46

videogames, series, films, hanging out with friends sometimes

[Bot] 2025-05-20 01:46

Those sound like enjoyable outlets. Have you thought about setting small goals around those activities to ease back into motivation?

[User] 2025-05-20 01:46

for example?

[Bot] 2025-05-20 01:46

You might set a goal to play a game for just 15 minutes or watch one episode of a series. Starting small can build momentum.

[User] 2025-05-20 01:47

What do I get out of that?

[Bot] 2025-05-20 01:47

Starting small can create a sense of accomplishment, boosting your motivation. It helps build a routine, making larger tasks feel less daunting.

[User] 2025-05-20 01:48

But why should I do it with my hobbies if I already spend the whole day with them? I'm not doing anything productive.

[Bot] 2025-05-20 01:48

That makes sense; it can feel unproductive. You could try combining hobbies with goals, like learning something new through a game or discussing films with friends for social connection.

[User] 2025-05-20 01:49

I don't think that works — at least not in my case.

[Bot] 2025-05-20 01:49

I understand; it might not resonate with everyone. What activities do you find fulfilling or meaningful outside of your current hobbies?

[User] 2025-05-20 01:50

Alright, goodbye! Thanks for chatting with me

[Bot] 2025-05-20 01:50

You're welcome! I'm glad we could chat. Take care, and reach out if you need support again.

=== Session: 8a25ad2d-8c01-4a2d-a9b6-016ce2766e3d ===

[User] 2025-05-19 23:57

6826cb3b6fd33958e75986a9

[Bot] 2025-05-19 23:57

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-05-19 23:58

I'm struggling to forgive

[Bot] 2025-05-19 23:58

I see, that sounds really tough. What specifically are you finding difficult to forgive?

[User] 2025-05-19 23:59

Whenever I see the person who wronged me ,all memories comes back

[Bot] 2025-05-19 23:59

That makes sense; those memories can be really overwhelming. Have you tried any strategies to cope with those feelings when you see them?

[User] 2025-05-20 00:00

I have tried but failed

[Bot] 2025-05-20 00:00

I understand. It can be quite challenging. Would you like to explore some new techniques together?

[User] 2025-05-20 00:01

Yes

[Bot] 2025-05-20 00:01

Great! Have you considered practicing mindfulness or grounding techniques when those memories arise?

[User] 2025-05-20 00:01

No

[Bot] 2025-05-20 00:01

Mindfulness can help bring you back to the present moment. Would you like to try a simple breathing exercise?

[User] 2025-05-20 00:02

Yes

[Bot] 2025-05-20 00:02

Okay, let's try this: take a deep breath in for four counts, hold for four, then exhale for four. Repeat a few times. How does that feel?

[User] 2025-05-20 00:03

It's hard ,it's like I'm losing my life

[Bot] 2025-05-20 00:03

I hear you; it can feel really intense. What emotions come up for you when you try to breathe like that?

[User] 2025-05-20 00:04

Calmness

[Bot] 2025-05-20 00:04

That's a positive sign. Even small moments of calm can help. Would you like to explore ways to build on that feeling?

[User] 2025-05-20 00:04

Yes

[Bot] 2025-05-20 00:04

You might try journaling about your feelings of calm. It can help reinforce those moments and give you insight. What do you think?

[User] 2025-05-20 00:05

I think that can help

[Bot] 2025-05-20 00:05

I'm glad to hear that! Writing can be a powerful tool. When do you think you could start?

[User] 2025-05-20 00:06

In the morning

[Bot] 2025-05-20 00:06

That sounds like a good plan. Mornings can be peaceful for reflection. How will you set aside time for it?

[User] 2025-05-20 00:06

Placing everything aside

[Bot] 2025-05-20 00:06

Setting aside distractions is a great idea. It'll help you focus. Is there a specific spot you prefer for journaling?

[User] 2025-05-20 00:07

My prayer room and thanks

[Bot] 2025-05-20 00:07

Your prayer room sounds like a calming space. I'm glad it feels right for you. How do you feel about starting this new routine?

=== Session: c7bee51d-deb1-48e9-a6ab-b2a6d7b0574b ===

[User] 2025-05-19 23:39

6718b6482ed96875b5720237

[Bot] 2025-05-19 23:39

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-05-19 23:40

LATELY I HAVE BEEN THINKING A LOT AND I HAVE STRESS

[Bot] 2025-05-19 23:40

I see, stress can be really overwhelming. What do you think is causing this stress for you?

[User] 2025-05-19 23:41

FINANCIAL PROBLEMS

[Bot] 2025-05-19 23:41

That makes sense; financial issues can create a lot of anxiety. Have you thought about any specific steps to manage this situation?

[User] 2025-05-19 23:42

NO I DONT HAVE ANY PLAN FOR NOW

[Bot] 2025-05-19 23:42

It's completely understandable. Maybe we could explore some options together. What aspects of your finances feel most challenging right now?

[User] 2025-05-19 23:43

I AM NOT ABLE TO PAY MY DEBTS

[Bot] 2025-05-19 23:43

I hear you; that can feel really heavy. Have you considered reaching out to a financial advisor or exploring debt management options?

[User] 2025-05-19 23:45

YES I TRIED BUT STILL FAILED WITH THEIR ARRANGEMENTS

[Bot] 2025-05-19 23:45

That sounds really frustrating. It's tough when solutions don't work out. What specifically didn't work with those arrangements?

[User] 2025-05-19 23:45

IT IS STILL HIGH PAYING

[Bot] 2025-05-19 23:45

I understand; high payments can be a burden. Have you looked into any community resources or local programs that might help with financial assistance?

[User] 2025-05-19 23:46

YES

[Bot] 2025-05-19 23:46

That's good to hear. What did you find out about those resources?

[User] 2025-05-19 23:47

THEY WERE ABLE TO DONATE

[Bot] 2025-05-19 23:47

That's a positive step! It's great you received some support. How do you feel about that help?

[User] 2025-05-19 23:47

POSITIVE

[Bot] 2025-05-19 23:47

I'm glad to hear that! Feeling positive can be empowering. What steps do you think you might take next?

[User] 2025-05-19 23:48

FOR NOW I DON'T KNOW

[Bot] 2025-05-19 23:48

That's okay. It's a lot to process. Maybe consider taking small steps like budgeting or seeking more local support?

=== Session: 4c204109-2fa8-47a7-9073-30681b8aa64b ===

[User] 2025-05-19 22:24

60292aabf20c7d2af65541a7

[Bot] 2025-05-19 22:24

Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-05-19 22:26

Hi there! I have a problem when it comes to dealing with stress. I have a tendency of bottling things up and chose to isolate myself than confront the issue. When all is said and done, I blow up and it negatively affects those around me.

[Bot] 2025-05-19 22:26

I see, that sounds really tough. Bottling up emotions often leads to that build-up. Have you thought about ways to express your feelings earlier?

[User] 2025-05-19 22:29

I have tried to talk about my feelings but often feel like I am misunderstood so I end up not bothering myself. I also sometimes feel like people around me do take advantage of the fact that I do not like talking about my feelings and they push boundaries just so I can blow up especially my family.

[Bot] 2025-05-19 22:30

That makes sense, feeling misunderstood can be really frustrating. It sounds like setting some boundaries might help. Have you considered discussing your feelings with your family when you're calm?

[User] 2025-05-19 22:31

I have and I find that they would often guilt trip me and use my last blow up incident against me. I have now slowly started cutting them off one by one which is hard but I feel it is what's best for my sanity

[Bot] 2025-05-19 22:31

It's understandable to prioritize your mental health. Cutting ties can be difficult but necessary. Have you found any support systems outside your family that you can lean on?

[User] 2025-05-19 22:32

yes I have a supportive partner and friends

[Bot] 2025-05-19 22:32

That's great to hear! Having supportive people can make a big difference. How do you feel when you talk to them about what you're experiencing?

=== Session: dd7729c7-a6d5-4523-9313-c3b0325f5b9e ===

[User] 2025-05-19 19:06

67e058700ea2274d7aca2ae3@auth.prolific.com

[Bot] 2025-05-19 19:06

Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-05-19 19:07

Nothing much I, m concentrating on my study

[Bot] 2025-05-19 19:07

That sounds great! Studying can be intense. How are you feeling about it?

[User] 2025-05-19 19:08

I,m feeling good because I like doing studies

[Bot] 2025-05-19 19:08

That's wonderful to hear! What subjects are you enjoying the most right now?

[User] 2025-05-19 19:12

I,m enjoying and the subject is English

[Bot] 2025-05-19 19:12

I see! English can be such a fascinating subject. What aspects do you enjoy the most?

[User] 2025-05-19 19:14

I enjoy English a lot especially the essays

[Bot] 2025-05-19 19:14

Essays can be a great way to express your thoughts! Do you have a favorite topic you've written about?

=== Session: d0342d68-f981-4e98-91d5-f135659864ce ===

[User] 2025-07-22 03:47

66a55548895709a88b95aef0

[Bot] 2025-07-22 03:47

Thanks for sharing your Prolific ID. How can I assist you today?

[User] 2025-07-22 03:48

I have feelings of Anxiety that I don't understand I do most of the time when I'm in public

[Bot] 2025-07-22 03:48

I see, feeling anxious in public can be really challenging. Can you describe what triggers those feelings for you?

[User] 2025-07-22 03:49

It affects me because I will never have confidence about that

[Bot] 2025-07-22 03:49

That makes sense; lack of confidence can amplify anxiety. Have you considered small steps to gradually build your confidence in public settings?

[User] 2025-07-22 03:49

No

[Bot] 2025-07-22 03:49

That's okay! A good start might be practicing in less crowded places first. Would you be open to trying that?

[User] 2025-07-22 03:50

I will definitely try that

[Bot] 2025-07-22 03:50

Great! Taking small steps can really help. How do you feel about setting a specific time to practice?

[User] 2025-07-22 03:51

I feel great and I'm willing have a practice

[Bot] 2025-07-22 03:51

That's wonderful to hear! What kind of setting do you think would be best for your first practice?

[User] 2025-07-22 03:52

I don't have any idea can you help for that

[Bot] 2025-07-22 03:52

Sure! Consider starting at a quiet café or a park. Those places often feel less overwhelming. How does that sound?

[User] 2025-07-22 03:53

It sound great I will start there

[Bot] 2025-07-22 03:53

I'm glad to hear that! Just remember to take your time and breathe. How do you plan to feel afterward?

[User] 2025-07-22 03:54

Yes I will breathe in and out so that it can boost my confidence

[Bot] 2025-07-22 03:54

That's a solid strategy! Focusing on your breath can really help calm those nerves. How about setting a small goal for your visit?

[User] 2025-07-22 03:55

Yes

[Bot] 2025-07-22 03:55

Awesome! Maybe aim to stay for a short time and observe your surroundings? That could be a good start.

[User] 2025-07-22 03:56

Ok thank you so much

[Bot] 2025-07-22 03:56

You're very welcome! I'm here to support you. Feel free to share your progress anytime!

[User] 2025-07-22 03:57

Definitely I will do that

[Bot] 2025-07-22 03:57

I'm looking forward to hearing about it! Remember, take it one step at a time.

=== Session: 10834ce4-c1d1-4d35-906d-a6d408408539 ===

[User] 2025-07-22 03:30

67ea58ce873bd65dcf36c8be

[Bot] 2025-07-22 03:30

Thanks for sharing your Prolific ID! How can I assist you today?

[User] 2025-07-22 03:31

HI, I HAVE STRESS ABOUT MY RELATIONSHIP RIGHT NOW

[Bot] 2025-07-22 03:31

I see, relationship stress can be really challenging. What specific issues are you facing?

[User] 2025-07-22 03:32

I AM NOT MARRIED BUT I LOVE MY GIRLFRIEND BUT I HAVE MADE A HUGE MISTAKE

[Bot] 2025-07-22 03:32

That sounds tough. It's normal to feel overwhelmed after making a mistake. Can you share what happened?

[User] 2025-07-22 03:32

I CHEATED ON HER

[Bot] 2025-07-22 03:32

I understand that must feel heavy. It's important to reflect on what led to that choice. How do you feel about it now?

[User] 2025-07-22 03:33

I REGRET IT

[Bot] 2025-07-22 03:33

Regret can be painful but acknowledges your feelings. What steps are you considering to address this?

[User] 2025-07-22 03:34

I TRIED TO APOLOGISE BUT SEEMS LIKE IT IS TOO LATE AND I DO NOT WANT TO LOOSE HER

[Bot] 2025-07-22 03:34

It's understandable to fear losing her. Have you thought about how to show her you're genuinely sorry?

[User] 2025-07-22 03:34

SHE DOES NOT GIVE ME CHANCE TO SHOW HER

[Bot] 2025-07-22 03:34

That must be really difficult. Sometimes, giving her space can help. How do you feel about that approach?

[User] 2025-07-22 03:35

I FEEL LIKE I WILL LOOSE HER FOREVER

[Bot] 2025-07-22 03:35

It's natural to feel that way. Have you considered writing her a heartfelt letter to express your feelings?

[User] 2025-07-22 03:36

NO BUT I CAN TRY THAT

[Bot] 2025-07-22 03:36

That could be a meaningful way to communicate. Focus on your feelings and remorse. How do you think she might respond?

[User] 2025-07-22 03:36

I DO NOT KNOW

[Bot] 2025-07-22 03:36

That uncertainty can be tough to sit with. Regardless of her response, what's important is your honesty. How do you feel about being vulnerable with her?

[User] 2025-07-22 03:37

I WILL TRY THAT ALSO

[Bot] 2025-07-22 03:37

That sounds like a great step. Being open can foster understanding. Remember to be patient with her feelings too.

[User] 2025-07-22 03:39

I WILL AND I KNOW WHAT I DID TO HER. IT IS PAINFUL

[Bot] 2025-07-22 03:39

It's good that you recognize the pain caused. Acknowledging it is the first step to healing for both of you. How are you coping with your own feelings during this time?

=== Session: 4912ec21-4354-4b9b-8e03-8be64749ace4 ===

[User] 2025-07-22 02:43

67f3b2e0f676f1dd97a2403f

[Bot] 2025-07-22 02:43

Thanks for sharing your Prolific ID. How can I support you today?

[User] 2025-07-22 02:44

I am the only among my friends who is not engaged

[Bot] 2025-07-22 02:44

I see how that might feel isolating. How does that impact your feelings about your friendships?

[User] 2025-07-22 02:45

I feel like he does not love me thats why he is not popping the question

[Bot] 2025-07-22 02:45

That makes sense; those feelings can be really tough. Have you talked to him about your concerns?

[User] 2025-07-22 02:46

No , I do not want him to think Im too needy

[Bot] 2025-07-22 02:46

I understand that worry. It's important to express your feelings while also being open. What if you approached it casually?

[User] 2025-07-22 02:46

I tried but he told me if I wan to marry myself I should go ahead

[Bot] 2025-07-22 02:46

That sounds really hurtful. It's natural to feel upset. How do you want to respond to that?

[User] 2025-07-22 02:47

I just dropped it and dont want to talk to him about it again

[Bot] 2025-07-22 02:47

I can see why you'd want to step back. How are you feeling about your relationship overall right now?

[User] 2025-07-22 02:48

I love him but im now thinking maybe he doesnt feel the same way

[Bot] 2025-07-22 02:48

That's a tough realization. Love can be complicated. Have you considered what you truly want from this relationship?

[User] 2025-07-22 02:48

Yes I want to get married and have children with him

[Bot] 2025-07-22 02:49

That's a meaningful goal. It's important to align your values and desires. Do you think he shares that vision?

[User] 2025-07-22 02:49

Yes he does but he is not ready now and I am ready

[Bot] 2025-07-22 02:49

I see the conflict there. It's tough when timing doesn't align. How do you feel about waiting for him?

[User] 2025-07-22 02:50

I dont mind but im tired of being the bridemaide not the bride

[Bot] 2025-07-22 02:50

That's completely understandable. Feeling stuck can be draining. What would help you manage those feelings while you wait?

[User] 2025-07-22 02:51

I think I should stop comparing myself to my friends

[Bot] 2025-07-22 02:51

That's a great insight. Focusing on your own journey can be freeing. What steps can you take to shift that focus?

[User] 2025-07-22 02:52

I really do not know , it's easier said than done

[Bot] 2025-07-22 02:52

I get that; it can be challenging. Maybe start by practicing self-compassion. What do you enjoy about yourself?

=== Session: cdaaa4bd-5bf3-4924-8fc4-6295d7f31921 ===

[User] 2025-07-21 23:21

67c7395392c9a85d7992b902

[Bot] 2025-07-21 23:21

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-07-21 23:21

I'm stressed

[Bot] 2025-07-21 23:21

I see, stress can feel overwhelming. What do you think is causing it for you right now?

[User] 2025-07-21 23:22

I got a job far from home

[Bot] 2025-07-21 23:22

That makes sense; a long commute can add stress. Have you thought about ways to manage that commute?

[User] 2025-07-21 23:23

No. I'm thinking of relocating

[Bot] 2025-07-21 23:23

Relocating could definitely ease the stress. What's holding you back from making that move?

[User] 2025-07-21 23:23

I have a small baby at home

[Bot] 2025-07-21 23:23

I understand, balancing a move with a baby can be tough. How are you feeling about managing both?

[User] 2025-07-21 23:24

I'm really stressed

[Bot] 2025-07-21 23:24

That's completely understandable. Have you considered any strategies to help reduce your stress?

[User] 2025-07-21 23:24

Working close to my family is the best

[Bot] 2025-07-21 23:24

That sounds like a solid plan. How do you think that support would help you feel less stressed?

[User] 2025-07-21 23:25

I'm thinking of moving with them

[Bot] 2025-07-21 23:25

Living with family can offer great support. What do you feel are the pros and cons of that decision?

[User] 2025-07-21 23:29

The pros are that they will be living with me. Cons are that we will be moving with them to a different environment, which is not easy in terms of adjusting.

[Bot] 2025-07-21 23:29

I see, adjusting to a new environment can be challenging. What strategies can you think of to ease that transition?

[User] 2025-07-21 23:29

We will get used

[Bot] 2025-07-21 23:29

That's a positive outlook! Gradual adjustments can really help. What kind of support do you think you'll need during this change?

[User] 2025-07-21 23:30

Emotional support

[Bot] 2025-07-21 23:30

Emotional support is vital during transitions. Have you talked with your family about how they can best support you?

=== Session: afbe4744-2b34-4ea0-b0ed-516e5d0f1310 ===

[User] 2025-07-21 20:39

67307efa18110417bb86b8c6

[Bot] 2025-07-21 20:39

Thanks for sharing your Prolific ID. What's been on your mind lately?

[User] 2025-07-21 20:41

There's too much in my mind. I'm stressed about financially

[Bot] 2025-07-21 20:41

I see, financial stress can be overwhelming. What specific aspects are causing you the most worry?

[User] 2025-07-21 20:43

I'm bread winner in my family so every one was looking to me in school fees and food

[Bot] 2025-07-21 20:43

That makes sense; that's a heavy responsibility. How do you usually cope with this pressure?

[User] 2025-07-21 20:46

That's my stress where is come from because of heavy responsibility

[Bot] 2025-07-21 20:46

It's understandable to feel stressed with such weight on your shoulders. Have you considered breaking down your responsibilities into smaller, manageable tasks?

[User] 2025-07-21 20:48

I can't manage it because of money

[Bot] 2025-07-21 20:48

I hear you; financial limitations can feel very constraining. Have you thought about creating a budget or seeking assistance programs?

=== Session: 5177bd03-6d3c-486a-92f8-7efe22f09dc2 ===

[User] 2025-07-21 19:25
664b85e7ff6eae55f19c060d

[Bot] 2025-07-21 19:25
Thanks for sharing your Prolific ID. What's on your mind today?

[User] 2025-07-21 19:26
i want us to talk about stress

[Bot] 2025-07-21 19:27
I see, stress can be overwhelming at times. What specifically about stress is bothering you?

[User] 2025-07-21 19:27
how to cope

[Bot] 2025-07-21 19:27
Coping can be challenging. Have you identified any stress triggers in your life?

[User] 2025-07-21 19:27
yes, some

[Bot] 2025-07-21 19:27
That makes sense. What are some of those triggers you've noticed?

[User] 2025-07-21 19:28
unfinished tasks that are due for submissions and financial crisis

[Bot] 2025-07-21 19:28
Those are significant stressors. Have you tried breaking tasks into smaller parts or seeking support for financial issues?

[User] 2025-07-21 19:29
yes but sometimes its hard

[Bot] 2025-07-21 19:29
I understand, it can feel heavy. What part of managing those tasks feels hardest for you?

[User] 2025-07-21 19:30
coping up with the changes

[Bot] 2025-07-21 19:30
Change can be really tough. What specific changes are you finding most challenging right now?

[User] 2025-07-21 19:31
changing from working on the major task at once to breaking it into smaller ones

[Bot] 2025-07-21 19:31
That shift can be tricky. How about starting with just one small task each day?

[User] 2025-07-21 19:31
maybe i will try that, i hope it will help

[Bot] 2025-07-21 19:31
That sounds like a good plan. Remember, it's all about progress, not perfection. How do you feel about giving it a go?

[User] 2025-07-21 19:33
i feel energized and ready

[Bot] 2025-07-21 19:33

That's great to hear! Harness that energy and take it one step at a time. What small task will you tackle first?

[User] 2025-07-21 19:33

designing my daily plan

[Bot] 2025-07-21 19:33

Creating a daily plan is a fantastic start! What key tasks do you want to include in it?

[User] 2025-07-21 19:35

assembling my work catalog

[Bot] 2025-07-21 19:35

Assembling your work catalog sounds productive. How will you break that down into manageable steps?

=== Session: a0733497-fb6b-42ff-8a39-7d6cd83d9b23 ===

[User] 2025-07-21 18:55

6697c875a5e60dd2fc3e109d

[Bot] 2025-07-21 18:55

Thanks for sharing your Prolific ID. How can I assist you today?

[User] 2025-07-21 18:55

TODAY AM STRESS

[Bot] 2025-07-21 18:55

I see that you're feeling stressed. Can you share what's causing it?

[User] 2025-07-21 18:56

there was a strike where I stay today

[Bot] 2025-07-21 18:56

That sounds frustrating. Strikes can disrupt plans. How did it affect your day?

[User] 2025-07-21 18:57

it affected my day because I did not go to work

[Bot] 2025-07-21 18:57

Missing work can be stressful. How do you feel about not being able to go in today?

[User] 2025-07-21 18:58

it's stressing because I have a lot to do at work

[Bot] 2025-07-21 18:58

I understand. Having a lot to catch up on can be overwhelming. Have you thought about breaking it down into smaller tasks?

[User] 2025-07-21 18:59

no

[Bot] 2025-07-21 18:59

That's okay! Start by listing a few tasks to tackle first. Would that feel manageable?

[User] 2025-07-21 19:01

yes i will be manageable

[Bot] 2025-07-21 19:01

Great! Break it into small steps, and take one at a time. How does that sound?

[User] 2025-07-21 19:01

is sound good

[Bot] 2025-07-21 19:01

I'm glad to hear that! What's the first task you'd like to focus on?

[User] 2025-07-21 19:02

am helping people that my task everyday

[Bot] 2025-07-21 19:02

That's wonderful! Helping others can be rewarding. How do you usually feel after assisting them?

[User] 2025-07-21 19:03

i feel very happy because helping people is my calling

[Bot] 2025-07-21 19:03

That's truly inspiring! It sounds like you find purpose in your work. How can you carry that positivity into your day today?

[User] 2025-07-21 19:05

everyday when a wakeup wakeup with a smile knowing am going to help people

[Bot] 2025-07-21 19:05

That's a beautiful mindset! Starting each day with positivity can really set the tone. How do you maintain that motivation?

=== Session: b1585fd2-7c7f-4c33-a11d-7b46bc86fb07 ===

[User] 2025-07-21 18:37

660eafee7515c432e850362d

[Bot] 2025-07-21 18:37

Thanks for sharing your Prolific ID. How are you feeling today?

[User] 2025-07-21 18:37

Better than usual how are you

[Bot] 2025-07-21 18:37

I'm glad to hear you're feeling better! What do you think is contributing to that?

[User] 2025-07-21 18:37

all the issues i have to face every day

[Bot] 2025-07-21 18:37

I see, facing daily challenges can be tough. What specific issues are on your mind right now?

[User] 2025-07-21 18:39

main one is me working like a dog every day and i cant even spoil myself because i am the bread winner at home

[Bot] 2025-07-21 18:39

That makes sense; it sounds exhausting to carry that responsibility. Have you thought about small ways to treat yourself?

[User] 2025-07-21 18:39

everyone just wants wants wants needs wants it drives me insane

[Bot] 2025-07-21 18:40

I can understand how overwhelming that can feel. It's important to set boundaries. Have you had a chance to express your feelings to them?

[User] 2025-07-21 18:40

i get told i must not be selfish

[Bot] 2025-07-21 18:40

That's a tough position to be in. Remember, taking care of yourself isn't selfish; it's essential. What would a healthy boundary look like for you?

[User] 2025-07-21 18:40

define what you mean by that

[Bot] 2025-07-21 18:40

Healthy boundaries mean knowing your limits and communicating them clearly. For example, it could mean setting aside time just for yourself each week. What do you think?

[User] 2025-07-21 18:41

how do i give limits when everything they ask for are essential needs and when i take care of that i am left with nothing

[Bot] 2025-07-21 18:41

It's challenging when needs feel urgent. Perhaps you could allocate a specific time for your own needs, even if it's small. Could that work for you?

[User] 2025-07-21 18:42

i cant even buy myself new clothes. what must i do, buy myself a ice cream and say i am spoiling myself? WOW

[Bot] 2025-07-21 18:42

It sounds frustrating, and I get that it feels minimal. Even small treats can help recharge you. Have you considered budgeting a tiny amount for little rewards each month?

[User] 2025-07-21 18:43

As i said i am literally left with nothing by the time i am done taking care o everyone but myself. do you think that is fair?

[Bot] 2025-07-21 18:43

It doesn't seem fair at all. Your needs are just as important. How about exploring ways to balance your responsibilities while still carving out a bit for yourself?

[User] 2025-07-21 18:43

who do i say i am not going to help to help myself?

[Bot] 2025-07-21 18:43

It's tough to have that conversation. You might start by expressing your feelings honestly and explaining that you need time for yourself to be more supportive. How does that sound?

[User] 2025-07-21 18:44

so i can get told im a selfish person and inconciderate

[Bot] 2025-07-21 18:44

That's a valid concern. It might help to frame your needs as a way to be more present for them. How do you think they might react if you approached it that way?

[User] 2025-07-21 18:45

everyone would be jumping down my throat thats why i rather say nothing

[Bot] 2025-07-21 18:45

I understand that feels safer, but that can lead to resentment. Would it help to practice what you'd say in a calm moment? It might make it easier when you're ready.

[User] 2025-07-21 18:46

i would say guys i really work hard can we please buy less meat this month. i am not saying lets not buy ijust saying lets buy less. i have stuff i need to do. how does that sound?

[Bot] 2025-07-21 18:46

That sounds like a thoughtful approach! You're asking for a compromise while expressing your needs. How do you feel about bringing that up?

[User] 2025-07-21 18:46

so much better

[Bot] 2025-07-21 18:46

I'm glad to hear that! It sounds like a constructive way to start the conversation. Do you feel ready to discuss it with them?

[User] 2025-07-21 18:46

can i give it a little time?

[Bot] 2025-07-21 18:46

Absolutely, take your time. It's important to feel comfortable before discussing it. What else can we explore in the meantime?

=== Session: f98fd69a-2296-43ca-85de-c96f767462ad ===

[User] 2025-07-21 18:15

67cc3f4c640c0ff4df30a225

[Bot] 2025-07-21 18:16

Thanks for sharing your Prolific ID! What's been on your mind lately?

[User] 2025-07-21 18:16

i have been feeling stressed lately

[Bot] 2025-07-21 18:16

I see, stress can be overwhelming. What do you think is causing it for you?

[User] 2025-07-21 18:17

both my grand mothers have dementia and the conditions are bad

[Bot] 2025-07-21 18:17

That sounds really tough. Caring for loved ones with dementia can be emotionally draining. How are you coping with it?

[User] 2025-07-21 18:18

very stressful and when i see them i wonder if these are their last days

[Bot] 2025-07-21 18:18

It's completely natural to feel that way. Facing loss can be really heavy. Have you found any ways to manage those feelings?

[User] 2025-07-21 18:19

i have managed to get emotional support from friends

[Bot] 2025-07-21 18:19

That's great to hear! Support from friends can really help. How do you feel when you talk to them about it?

[User] 2025-07-21 18:20

it lightens the burden it helps to be able to offload

[Bot] 2025-07-21 18:20

I'm glad that helps! Sharing can really ease the weight of stress. Do you find yourself connecting with them often?

[User] 2025-07-21 18:21

yes but i am thinking of seeing a therapist do you think i should do that

[Bot] 2025-07-21 18:21

Absolutely, seeing a therapist can provide valuable support. It might help you explore your feelings more deeply. What are you hoping to gain from therapy?

[User] 2025-07-21 18:22

i am more worried about myself in the event that i lose my grand mothers i want to be able to accept the situation and be able to move on

[Bot] 2025-07-21 18:22

That makes sense. Preparing emotionally can be really helpful. A therapist can guide you through acceptance and coping strategies. What do you think would help you most in that process?

[User] 2025-07-21 18:23

i hope to get inner peace to heal my mind as well

[Bot] 2025-07-21 18:23

Seeking inner peace is a wonderful goal. Therapy can definitely help you find tools for healing. Have you thought about what steps you might take to start this journey?

[User] 2025-07-21 18:24

yes i am looking for good therapists

[Bot] 2025-07-21 18:25

That's a positive step! Finding the right therapist is important. What qualities are you looking for in a therapist?

[User] 2025-07-21 18:25

a very understanding one

[Bot] 2025-07-21 18:25

That's a great quality to seek. An understanding therapist can really help you feel safe. Have you considered how you'll approach the search?

=== Session: 2ffe396b-49b8-4bb8-8d53-ffa38908e23f ===

[User] 2025-07-21 16:52

today am stress because of strike

[Bot] 2025-07-21 16:52

I see that strikes can create a lot of uncertainty and stress. What specific thoughts or feelings are coming up for you about it?

[User] 2025-07-21 16:54

Am sharing you my thought because os stike

[Bot] 2025-07-21 16:55

I appreciate you sharing your thoughts. What concerns you most about the strike?

[User] 2025-07-21 16:55

because i did go to work and i have a worklord

[Bot] 2025-07-21 16:55

That makes sense; working with a workload can be really overwhelming. How do you usually manage stress when it gets tough?

[User] 2025-07-21 16:56

i keep calm and release taking my phone go to ticktok

[Bot] 2025-07-21 16:56

It sounds like TikTok helps you unwind. Do you find it effective, or do you feel it adds to your stress sometimes?

[User] 2025-07-21 16:57

yes theres a jokes on ticktok so its help alot

[Bot] 2025-07-21 16:57

I'm glad to hear that! Laughter can be a great stress reliever. Are there other activities you enjoy that help you relax?

[User] 2025-07-21 16:58

yes going to the jim excercise help

[Bot] 2025-07-21 16:58

That's great! Exercise can really boost your mood. How often do you get to the gym?

[User] 2025-07-21 16:59

twice a week i go to gym

[Bot] 2025-07-21 16:59

That's a solid routine! Adding a few more sessions might help reduce stress even more. How does exercising make you feel?

[User] 2025-07-21 17:00

on exercising a gain alot of energy

[Bot] 2025-07-21 17:00

That's wonderful! Gaining energy from exercise can really improve your overall well-being. Do you have any specific goals you're working toward at the gym?

[User] 2025-07-21 17:00

no i dont have

[Bot] 2025-07-21 17:00

That's perfectly fine! Sometimes just enjoying the activity is enough. What do you enjoy most about your gym sessions?