

Check out how to use Recapp with the demo script:

[Recapp Demo](#)

Demo Script — Therapist & Client (3 min)

Client:

Honestly, I've been feeling really drained lately. I'm sleeping only around 4–5 hours a night because I keep thinking about work. My boss gave me a new project last month, and I'm worried I'll mess it up.

Therapist:

It sounds like the pressure from work is affecting your sleep and energy levels. Has this been going on for a while?

Client:

Yeah, maybe 3–4 weeks now. I keep replaying conversations in my head and second-guessing my work. Even when I'm at home, I can't switch off. My partner says I'm more irritable too.

Therapist:

That sounds difficult. When you say "can't switch off," what usually happens in the evenings?

Client:

I try to watch something or scroll on my phone, but my mind just keeps going. Sometimes I open my laptop again to check on things.

Therapist:

Got it. Apart from the stress, have you noticed any changes in appetite or motivation?

Client:

Yeah, I've been skipping breakfast, and it's hard to focus. But I'm still pushing myself to deliver.

Therapist:

You're putting in effort even when you're exhausted — that's important to note. From what you're describing, this sounds like a period of burnout or early stress fatigue. Today, I want us to explore one small step to help your mind disengage after work. How do you feel about trying a 15-minute "no-screen" unwind period before bed — maybe a walk, journaling, or light stretching?

Client:

Yeah, I think I can do that. I actually used to take walks before bed, maybe I should start that again.

Therapist:

Perfect. Let's track how your sleep and stress levels change over the week. We'll review this in our next session.