



Computer	User
Hi. Nice to meet you today	
	Handwave gif
What would you like me to call you?	
	Please enter name 
	here
Hi sid. Do you know you can also give me a name ?	
How about you also giving me a name?	
Would you like to give me a name too ?	
	Sounds good Not now
	(If)sounds good Please enter name here 
Now that sounds like a fun name	
Really ? that's it ?	
Okay, I'll go with that	
That was quick... I'm impressed.	
Let's go then. Come on...	
Do you know sid, that anything you share with me is entirely confidential. So please go ahead and don't hesitate to share your deepest feelings.	
Lets begin with moods. I am excited right now. How are you feeling at the moment ?	
	Happy / sad / excited / confused Annoyed / I don't know
You can feel more than one emotion you know. So go ahead and pick all those that apply	
	(Negative mood)
You know, sid when you are feeling like this, you don't need a coping strategy, you need support. You need me. You need someone who will listen to you.	
	That's right
Do you know sid, that you actually have the ability to change your mood ?	
	Show me how ?
	I know

Visual of a horizontal slider that moves from red to yellow to green	
Change begins with your thoughts. Make a small change in the way you think	
	Okay (rolling eyes emoji)
We think through out the day. Worrying doesn't let us rest. Some thoughts are always at the back of our minds. We constantly feel something is going to go wrong	
	What is it called ?
Its what is called "over thinking" that leads to "over analysis"	
	That's totally me /
	That's me sometimes /
	That's not me
Lots and lots of negative thoughts	
One negative thought follows another	True. Give me examples
Sometimes, there is no stopping negative thoughts	
Even if its not you, take a little time reading this. It will help you	
	Okay. Give me examples
Swipe right if you agree with the examples	
Swipe left if you don't agree with the examples	
	Okay
Oh, looks like something is going to go wrong	
I am sure to mess things up	
	Yes . I tend to worry
It is self talk but it is negative. It is self criticism.	
Let's try some breathing here	
	I would like to breathe in (visuals of the options to be included)
	Strong coffee
Focus on inhaling and exhaling here Inhale and smell the coffee Exhale and cool the coffee	
	Lets do it once again
If this works for you, why don't you favourite it right away Next time you are feeling anxious, I will know exactly how to help you immediately	
Pop up	

Negaholic Someone addicted to negativity even when they are happy	
We are trying to understand why we said something and why someone said something We get stuck in trying to figure this out	
	Yes How do I do this ?
Understand your triggers.	
	What triggers?
For example Trigger 1 If someone doesn't smile at me, I think I have done something wrong	
	Okay
	So what ?
Instead of saying, what someone says about us is their problem We find a fault with ourselves	
	Show me a way to stop worrying
Listen to this story Hi. I'm Priya. Sometimes I am thinking about something and get this weird expression on my face. I don't even realise it. I don't notice the people around me. But then my friends feel I am looking at them weirdly. They ask me what's wrong. They don't believe me when I say there is nothing wrong	
	This is how we conclude someone is ignoring us.
Good, that's one more reason for you to stop your overthinking.	
Anxiety questionnaire Are you nervous about something Are you having trouble relaxing	
	Not at all / Sometimes / Frequently / All the time
Click on the emoji to tell me how you feel when you see the picture	

 <p>series of 10 images to be shown one after the other</p>	
	Happy / sad / awesome / angry / OMG / whatever / cute / yuck
Welcome back, this is what your mood looks like You are now feeling more positive. When you look at pleasant pictures, it elevates your mood	
Lets continue chatting / Would you like to continue chatting / What would you like to do now ? / Would you like to look at some of the games again ?	
	Okay Not now I will be back