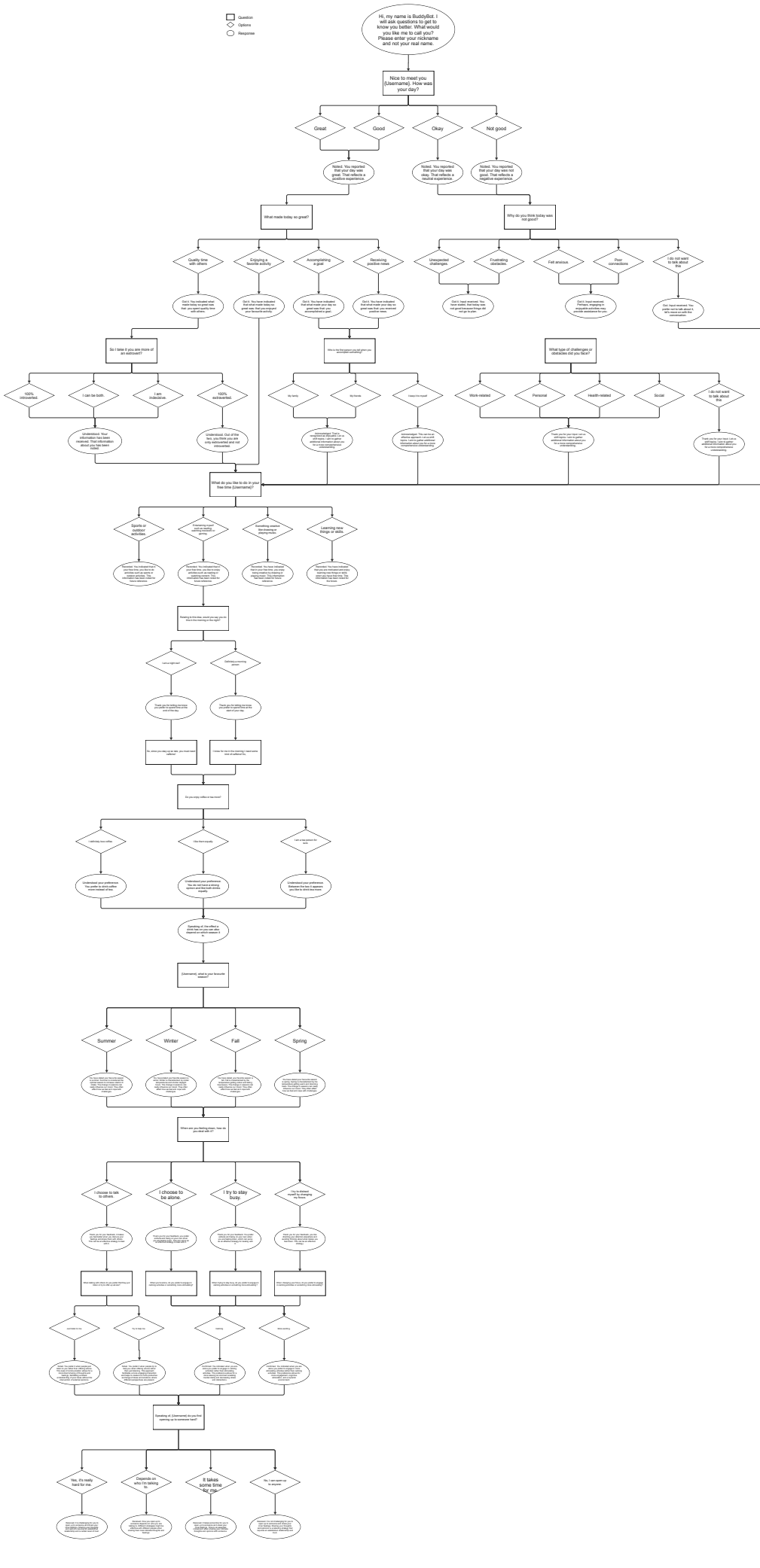
Question
Options
Response
Hi, my name is BuddyBot. I will ask questions to get to know you better. What would you like me to call you? Please enter your nickname and not your real name.
Nice to meet you {Usersname}. How was your day?
Great
Good
Okay
Not good
Noted. You reported that your day was great. That reflects a positive experience.
Noted. You reported that your day was okay. That reflects a neutral experience.
Noted. You reported that your day was not good. That reflects a negative experience.
What made today so great?
Why do you think today was not good?
Quality time with others
Enjoying a favorite activity
Accomplishing a goal
Receiving positive news
Unexpected challenges
Frustrating obstacles
Felt anxious.
Poor connections
I do not want to talk about this
Got it. You indicated what made today great was your quality time with others.
Got it. You have indicated that today was great because of your favourite activity.
Got it. You have indicated that today was great because you accomplished a goal.
Got it. You have indicated that today was great because of good news that you received.
Got it. Input received. You mentioned that today was not good due to unexpected challenges.
Got it. Input received. You mentioned that today was not good because of frustrating obstacles.
Got it. Input received. You felt anxious today. Consider enjoyable activities may provide assistance for you.
Got it. Input received. You prefer not to talk about it. It is never an with the conversation.
So I take it you are more of an extrovert?
Who is the first person you tell when you accomplish something?
What type of challenges or obstacles did you face?
100% introverted.
I can be both.
I am indecisive.
100% extroverted.
My family
My friends
I keep it to myself
Work-related
Personal
Health-related
Social
I do not want to talk about this
Understood. Your information has been recorded. I will remember about you has been noted.
Understood. Out of the two, you think you are only introverted and not extroverted.
Acknowledgment. Sharing an accomplishment with family or an adult helps. I am to gather information about you and remember information about you for a closer connection and understanding.
acknowledgment. This can be an effective approach. Let us enjoy this moment together. I will remember information about you for a closer connection and understanding.
Thank you for your input. Let us pick topics. I am to gather information about you and remember information about you for a closer connection and understanding.
Thank you for your input. Let us pick topics. I am to gather additional information about you and remember information about you for a closer connection and understanding.
What do you like to do in your free time {Usersname}?
Sports or outdoor activities.
Creativity in art, music or reading.
Something creative like drawing or writing stories.
Learning new things or skills.
Recorded. You indicated that you that time, you like to do sports or outdoor activities. Tell me outdoor activities. Tell me more about your favorite outdoor activities.
Recorded. You indicated that you that time, you like to do creative activities. Tell me more about your favorite creative activity. This information will be recorded for future reference.
Recorded. You have indicated that in your free time, you enjoy learning new things or skills. Tell me more about your favorite skill. This information will be recorded for future reference.
Recorded. You have indicated that you are motivated and enjoy learning new things or skills. Tell me about you favorite skill. This information will be recorded for the future.
Relating to this idea, would you say you are more the morning or the night?
I am a night owl!
Definitely a morning person.
Thank you for letting me know you prefer to spend time at the end of the day.
Thank you for letting me know you prefer to spend time at the start of your day.
So, when you stay up so late, you must need caffeine!
I know for me in the morning I need some kind of caffeine! So,
Do you enjoy coffee or tea more?
I definitely love coffee.
I like them equally.
I am a tea person for sure.
Understood your preference. You prefer to drink coffee more instead of tea.
Understood your preference. Between the two it appears you like to drink both equally.
Understood your preference. Between the two it appears you like to drink tea more.
Speaking of, the effect a drink has on you can also depend on which season it is.
{Usersnam}, what is your favourite season?
Summer
Winter
Fall
Spring
The hottest month of the year (typically in August) is considered the most uncomfortable for many people, with temperatures often reaching high 90s or even 100°F (37°C). This can lead to dehydration, fatigue, and difficulty sleeping due to the heat.
The coldest part of the year (typically in January) can bring challenges such as icy roads, frostbite, and the need for warm clothing. The cold can also affect mood and energy levels.
Fall offers a pleasant change of pace with temperatures in the mid-60s to mid-70s°F (15-21°C). This season is known for its vibrant colors and crisp air, which can be invigorating and enjoyable.
Spring brings moderate temperatures and is a time of renewal and growth. The weather is generally mild, with temperatures in the 50s to 70s°F (10-21°C). This season is also known for allergies, which can affect some people.
When are you feeling down, how do you deal with it?
I choose to talk to others.
I choose to be alone.
I try to stay busy.
I try to distract myself by changing my focus.
Thank you for your responses. Let us pick topics. I am to gather information about you and remember information about you for a closer connection and understanding. Talking to others can be a powerful way to share your feelings and find support.
Thank you for your responses. Let us pick topics. I am to gather information about you and remember information about you for a closer connection and understanding. Spending time alone can be a powerful way to recharge and reflect on your feelings.
Thank you for your responses. Let us pick topics. I am to gather information about you and remember information about you for a closer connection and understanding. Staying busy can be a powerful way to distract yourself from negative feelings and focus on something else.
Thank you for your responses. Let us pick topics. I am to gather information about you and remember information about you for a closer connection and understanding. Changing your focus can be a powerful way to shift your mindset and find something positive to do.
What talking with others do you prefer (talking your issues to a friend or family)?
When pondering on, do you prefer to engage in reading activities or something more stimulating?
When trying to stay busy, do you prefer to engage in reading activities or something more stimulating?
When changing your focus, do you prefer to engage in reading activities or something more stimulating?
Exercises to rest
Try to help him
Listening
More working
Noted. You prefer to share your feelings with friends or family. Sharing your feelings with others can be a powerful way to process emotions, gain perspective, and receive support. The support from others can provide a sense of validation and help you feel less alone in your struggles. Talking to others can also lead to valuable insights and solutions to your problems.
Noted. You prefer to read. Reading can be a powerful way to escape from the stress of everyday life and immerse yourself in a different world. It can also provide valuable insights and perspectives on various topics, which can be beneficial for personal growth and relaxation.
Noted. You prefer to listen to music. Listening to music can be a powerful way to relax, boost mood, and enhance focus. It can also provide a sense of comfort and emotional release.
Noted. You prefer to work. Working can be a powerful way to stay busy and feel productive. It can also provide a sense of accomplishment and boost self-esteem.
Speaking of, {Usersnam}, do you find opening up to someone hard?
Yes, it's really hard for me.
Depends on who I'm talking to.
It takes some time for me.
Yes, I seen open up to everyone.
Relaxed. It is challenging for you to open up to someone. It can be difficult to share your feelings and vulnerabilities with others. Take your time and find a trusted friend or family member to confide in.
Relaxed. It depends on who you are comfortable with. Opening up to someone you trust can be a powerful way to share your feelings and receive support.
Relaxed. It takes some time for you to open up to someone. It is important to take your time and find a trusted friend or family member to confide in when you feel ready.
Relaxed. It is commendable that you are able to connect with others and open up to someone. It is important to find a trusted friend or family member to confide in when you feel ready.