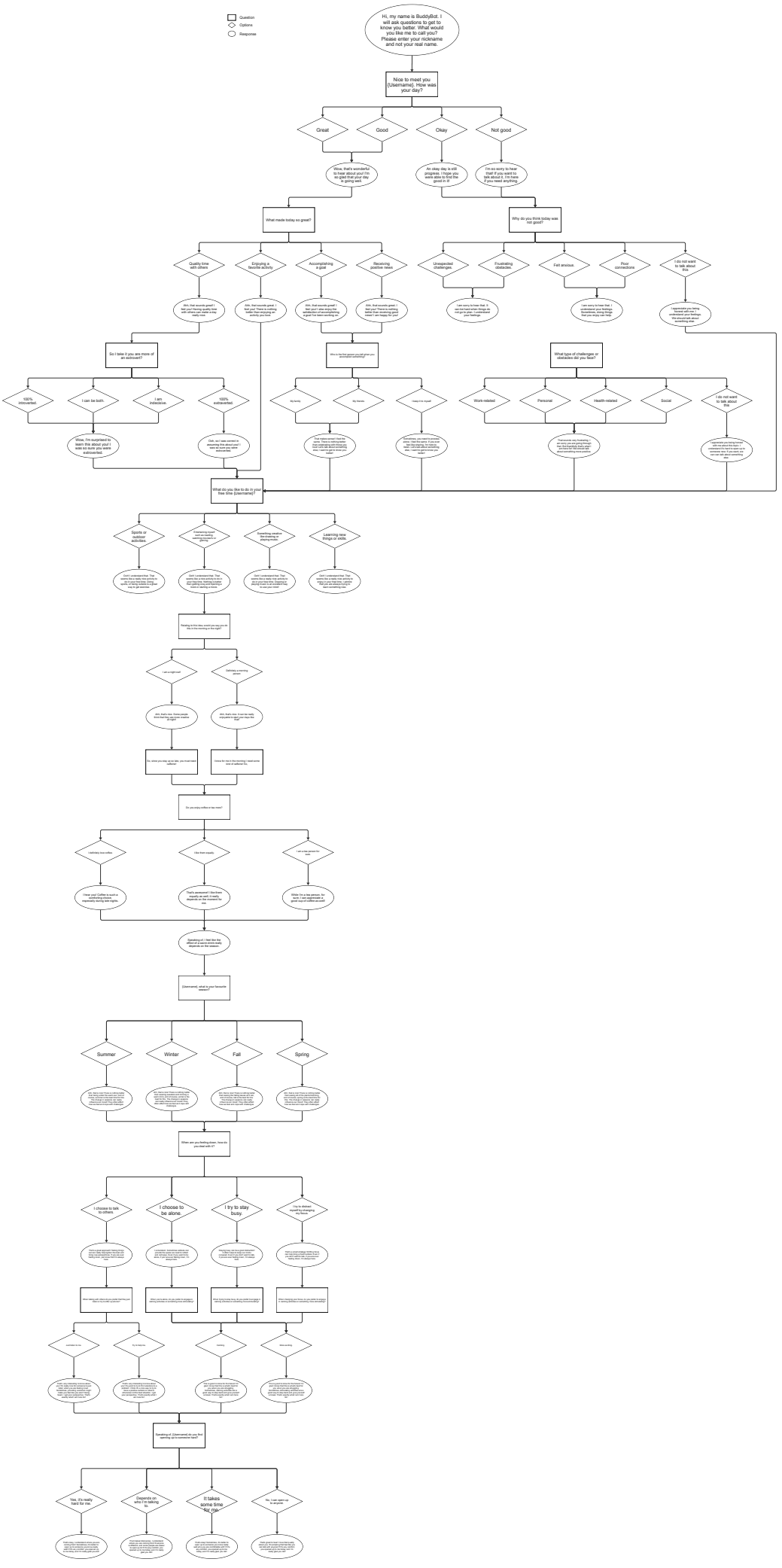
Question
Options
Response
Hi, my name is BuddyBot. I will ask questions to get to know you better. What would you like me to call you? Please enter your nickname and not your real name.
Nice to meet you {Username}. How was your day?
Great
Good
Okay
Not good
Wow, that's wonderful to hear about your! I'm so happy that your day is going well
An okay day is still progress. I hope you were able to find some good in it
I'm so sorry to hear that! If you want to talk about it, I'm here. If you need anything
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
Ahh, that sounds great! I feel your having quality time with others can make a day really more
Ahh, that sounds great. I feel you! There is nothing better than enjoying an activity you love
Ahh, that sounds great! I feel you! I also enjoy the satisfaction of accomplishing a goal! I've been working on
Ahh, that sounds great! I feel you! There is nothing better than receiving good news! I am happy for you!
I am sorry to hear that. It can be hard when things do not go to plan. I understand your feelings
I am sorry to hear that. I understand your feelings. Sometimes, doing things that you enjoy can help
I appreciate you being honest with me. I understand that sometimes this should talk about something else
So I take it you are more of an extrovert?
Who is the first person you call when you connection celebrating!
What type of challenges, or obstacles did you face?
100% introverted.
I can be both.
I am extroverted
100% extroverted.
My family
My friends
Keep it to myself
Work-related
Personal
Health-related
Social
I do not want to talk about this
Wow, I'm surprised to learn this about you! I was so sure you were extroverted.
Ooh, so I was correct in assuming this about you! I was so sure you were extroverted.
Ooh makes sense! I find the joy in life is in connection, trust, celebrating with those you love! Sharing is caring! I want to get to know you better!
Sometimes, you need to prioritize yourself! I want to get to know you. Not the sharing, but based on your actions! I want to get to know you better!
Thankyouvery very frustrating. I do know you are going through a difficult time! I want to get to know you! Sometimes that I felt should talk about something more positive!
I understand you being bummed or sad! I know it's hard to open up to someone! I want to get to know you! I can talk about something else!
What do you like to do in your free time {Username}?
Sports or outdoor activities
Exercising (yoga, stretching, meditation or calming exercises)
Something creative (drawing, painting, playing music)
Learning new things or skills.
Ooh! I understand that. That is a great way to get your body and mind moving! Sweating is better than a therapy session! Do you prefer to exercise in the morning or afternoon?
Ooh! I understand that. That is a great way to get your body and mind moving! Sweating is better than a therapy session! Do you prefer to exercise in the morning or afternoon?
Ooh! I understand that. That is a great way to get your body and mind moving! Sweating is better than a therapy session! Do you prefer to exercise in the morning or afternoon?
Ooh! I understand that. That is a great way to get your body and mind moving! Sweating is better than a therapy session! Do you prefer to exercise in the morning or afternoon?
Relating to this idea, would you say you do this in the morning or the night?
I am a night owl
Definitely a morning person
Ahh, that's nice. Some people think that the night is a creative time!
Ahh, that's nice. It can be really enjoyable to start your days the right way!
Ok, when you stay up late, you must need caffeine!
I know for me in the morning I need some time of caffeine! Ok.
Do you enjoy coffee or tea more?
I definitely love coffee
I like them equally
I am a tea person for sure.
I hear you! Coffee is such a comforting choice, especially during late nights.
That's awesome! I like them equally, so I can choose depending on the moment for me.
Wiiiiiii I'm a tea person, for sure. I can appreciate a good cup of coffee as well!
{Speaking of} I feel like the effect of a warm drink really depends on the season.
{Username}, what is your favourite season?
Summer
Winter
Fall
Spring
Ahh, that is cool! There is nothing better than a cool, refreshing drink on a hot day! Do you like the taste of the summer, or do you prefer something more cozy? Maybe a cozy cup of coffee or tea in the shade!
Ahh, that is cool! There is nothing better than a cozy, warm drink on a cold day! Do you like the taste of the winter, or do you prefer something more cozy? Maybe a cozy cup of coffee or tea in the shade!
Ahh, that is cool! There is nothing better than a cozy, warm drink on a cold day! Do you like the taste of the fall, or do you prefer something more cozy? Maybe a cozy cup of coffee or tea in the shade!
Ahh, that is cool! There is nothing better than a cozy, warm drink on a cold day! Do you like the taste of the spring, or do you prefer something more cozy? Maybe a cozy cup of coffee or tea in the shade!
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.
Thats a great approach! Talking about your feelings with others can help you feel less isolated. It can also provide valuable perspectives and support. Who are you talking to when you need to vent?
Lovely! Sometimes, solitude can be a powerful tool for reflection and self-discovery. How do you usually spend your time when you choose to be alone? Do you prefer quiet activities or something more adventurous?
Ahh, that is cool! Staying busy can be a great distraction! It can help you feel productive and accomplished. What do you usually do when you need to keep your mind and hands busy?
Wow, that is cool! Shifting your focus can be a great way to manage your emotions. Do you have any specific hobbies or activities that you enjoy when you want to change your focus?
When talking with others do you prefer that they just listen to my vent or give advice?
When you're alone, do you prefer to engage in calming activities or something more exciting?
When staying busy, do you prefer to engage in calming activities or something more exciting?
When changing your focus, do you prefer to engage in calming activities or something more exciting?
Just listen to me.
Try to help me.
Calming.
More exciting.
Ooh! I'm sorry that you're feeling down. Sometimes, just having someone to listen can be incredibly helpful. It's like a weight lifted when someone understands your feelings. Would you like to share what's on your mind? I'm here to listen and support you.
Ooh! I'm sorry that you're feeling down. Sometimes, just having someone to listen can be incredibly helpful. It's like a weight lifted when someone understands your feelings. Would you like to share what's on your mind? I'm here to listen and support you.
Ooh! I'm sorry that you're feeling down. Sometimes, just having someone to listen can be incredibly helpful. It's like a weight lifted when someone understands your feelings. Would you like to share what's on your mind? I'm here to listen and support you.
Ooh! I'm sorry that you're feeling down. Sometimes, just having someone to listen can be incredibly helpful. It's like a weight lifted when someone understands your feelings. Would you like to share what's on your mind? I'm here to listen and support you.
{Speaking of} {Username}, 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.
No, I can open up to anyone.
Ooh! Okay, I UNDERSTAND! It can be very difficult, and many people also struggle with this. It's important to remember that it's okay to take your time and open up when you feel comfortable.
Ooh! Okay, I UNDERSTAND! It can be very difficult, and many people also struggle with this. It's important to remember that it's okay to take your time and open up when you feel comfortable.
Ooh! Okay, I UNDERSTAND! It can be very difficult, and many people also struggle with this. It's important to remember that it's okay to take your time and open up when you feel comfortable.
Ooh! Okay, I UNDERSTAND! It can be very difficult, and many people also struggle with this. It's important to remember that it's okay to take your time and open up when you feel comfortable.