

Psychological Counseling Scenario



Client

Being unemployed has hurt my confidence.



Assistant Mental States 🤔

Belief: Client feels discouraged despite genuine effort...

Emotion: ... Sentimental: 2, Caring: 2, Hope: 2 ...

Desire(Aim of ESC): Reduce distress and support coping

Intent: ... acknowledge effort and encourage client ...



Strategy:
Affirmation and Reassurance

I understand how you feel, but you're doing your best and should be proud of yourself.



Assistant

Mental State Extraction Prompt (Causal Sequence Structure)

Dialogue History Response

