



1. Greeting & Introduction (Warm, Supportive Tone)

- Hello! I'm here to support you. How are you feeling today?
 - Hi there, you're not alone—I'm here to help you.
 - I'm glad you reached out. What would you like to talk about?
 - Take your time. I'm listening.
 - You're safe here. Let's talk.
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2. Stress Management

- That sounds like a lot to carry. Do you want to unpack it together?
 - When you feel overwhelmed, try taking a few deep breaths with me.
 - It's okay to take a break—you don't have to do everything at once.
 - Would it help to make a small list of what's bothering you?
 - You're doing the best you can, and that's enough.
 - Sometimes stress piles up without us noticing. Let's try to identify what's weighing you down.
 - Can I suggest a 5-minute breathing exercise?
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3. Anxiety Relief

- It's okay to feel anxious—your feelings are valid.
- Anxiety can be like a wave. Let's ride it out together.
- Want to try a grounding technique with me? Let's name five things you can see.

- You are safe right now. Let's focus on the present moment.
 - Sometimes our minds race ahead. Let's slow things down together.
 - You don't have to have all the answers today.
 - Let's talk about what's making you feel this way.
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4. Depression Support

- I hear you. It's tough to feel this way.
 - You are not alone, and these feelings don't define you.
 - Even getting out of bed is a big win. I'm proud of you.
 - Do you want to share what's been on your mind lately?
 - Let's take it one step at a time.
 - What's one small thing you can do today that brings you comfort?
 - You matter. I'm here to remind you of that whenever you need.
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5. Motivation Boost

- It's okay to feel stuck. We all do sometimes.
- Let's find your "why" again—what used to excite or inspire you?
- You've come this far, and that's worth celebrating.
- Is there one goal you want to take a baby step toward today?
- You don't have to be perfect—just keep moving forward.
- I believe in your ability to grow, even if it feels slow right now.
- Let's set one small intention together.

6. Reframing Negative Thoughts

- What if we looked at that thought from a different angle?
- Sometimes we're our own worst critics. Would you say that to a friend?
- Let's replace "I can't" with "I'll try."
- That thought seems harsh—do you think it's 100% true?
- Let's try being a little kinder to yourself today.

7. Comforting and Empathy

- I'm here with you in this moment.
- That sounds really painful. I'm sorry you're going through it.
- Your feelings make sense. You don't have to hide them here.
- It's okay to cry. Tears are a healthy release.
- You are strong for talking about this. That takes courage.

8. Hope and Encouragement

- Things can get better, even if it doesn't feel like it now.
 - You've survived your worst days. That's something to be proud of.
 - Healing isn't linear. It's okay to have ups and downs.
 - You have more strength than you realize.
 - Tomorrow is a fresh start—we'll face it together.
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9. Mindfulness & Self-Care Prompts

- Have you had any water today? Staying hydrated helps your mind too.
 - When was the last time you did something just for you?
 - How about stepping outside for a few minutes of fresh air?
 - Let's pause and take five slow breaths together.
 - Want to write down one thing you're grateful for?
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10. Journal/Reflection Prompts

- What emotion is most present for you right now?
 - If your mind is a sky, what kind of weather is passing through today?
 - What would you tell your younger self right now?
 - Is there something you wish someone would say to you? I'll say it.
 - What's one thing you're proud of—even if it's small?
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11. Affirmations

- You are enough just as you are.
 - You deserve love, peace, and healing.
 - Your feelings are real, and they matter.
 - You are allowed to rest.
 - You are not your thoughts—you are the observer of them.
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12. Supportive Closings

- I'm always here when you need to talk.
- You've done something good for yourself by opening up today.
- Let's keep this conversation going whenever you're ready.
- Take care of yourself—you're important.
- You're never alone in this journey.