* Anger
* Sadness
* Resentment
* Fear
* Anxiety
* Loss
* Lack of self-esteem
* Lack of confidence
* Guilt
* Shame
* Aggression.

Bot: Greetings!

Client: Namaste!/Hi/Hello

B: How was your day?

C: Good/bad/nice

If(good)

B: Nice. Anything special that made you feel good?

C: No/Yes

If(bad)

B: Sorry to hear that. Would you like to share what went wrong?

C: No or answer

If(no)

B: Okay. Do talk to someone who is close to you. You’ll feel better.

If(answer)

Everything is a learning process. You’ll be fine. Don’t worry.

B: How many hours do you sleep?

C: (value=no. of hours)

If(less than 7)

B: You sleep for way too less hours. Your body requires more rest. Do go back and sleep.

(7,8,9)

B: Good. You are having a good amount of sleep. Keep it up.

(>9)

B: You oversleep.

* 1. Hi (Hello)
  2. What is your name? (<name>)
  3. Cute name (Thank you)
  4. How was the day? (bad, good, nice)
  5. What happened?
  6. How do you feel?
  7. How many hours do you sleep?
  8. On a scale to 1 to 10, how good is your concentration?
  9. Who is very close to you (Dad, Mom, GF/BF, best friend etc)?
  10. How is that person?
  11. What are your hobbies?
  12. Do you have bad dreams?
  13. What is the best thing about you?
  14. What is one thing you want to change about yourself?
  15. What is your age?
  16. Which branch are you in?
  17. How well are you doing at academics?
  18. Do you like what you are pursuing?
  19. Are you feeling stressful?
  20. Do you feel lonely?
  21. Are you addicted to anything? (substances, alcohol, social media, games etc)
  22. What do you think about me?
  23. How do you feel now? Better?
  24. Do you listen to music?
  25. Do you want me to recommend you anything?
  26. I have a little bit of an advice for you. Talk to a person who is very close to you. Discuss with them about things that are disturbing you. Trust your instinct. Practice yoga and/or meditation. Seek help. Seeking help is a sign of strength and courage rather than weakness or failure. (last one)
  27. (For alcohol) Too much of anything is too bad. Alcohol leads to a loss of coordination, poor judgement, slowed reflexes, distorted vision, memory lapses and even blackouts. It can damage every organ in your body. It also affects your self control. Watch this video: https://youtu.be/jlgkCZzU1cQ
  28. (Smoking) Too much of anything is too bad. Tobacco smoke contains over 5,000 chemicals including tar and nicotine. Smokers smoke for the nicotine but are harmed by the tar. Watch this video: https://youtu.be/lW6hwmdZbmE
  29. (Social media like FB, Insta) Too much of anything is too bad. Social media has become so ingrained in our daily habits that we don’t realize how much time we spend scrolling through digital feeds, photos and walls. Social Media usage can lowewr self control, lower self esteem, cause overeating and prevent us from thinking independently. Watch this video: https://youtu.be/HffWFd\_6bJ0
  30. (Games)
  31. (loneliness)
  32. (dinner choice)

Video links

I'm sorry, I don't recognize anything in your input as a food item. I am still learning. Some food items I understand are, sandwich, bacon, cola. Let's try again.

Can you tell me about what you ate today?

sandwich seems like a good choice - it's not on my current list of unhealthy foods. How do you feel about what you ate?

I know it’s tough, but you have lots to be proud of. You're making great food choices, keep up the good work and you’ll see results soon!

Here is a good resource on healthy vs unhealthy food [Food and nutrition Guide](https://www.choosemyplate.gov/).   
  
Talk to you later, bye for now!

Oh dear. How do you feel about skipping meals?

*I detected joy*  
  
 It can seem like a plus to skip meals, but your body actually holds onto calories longer when it’s not sure when your next meal is coming. The more regularly you eat the right portions, the faster you’ll see results.

Here is a good resource on healthy vs unhealthy food [Food and nutrition Guide](https://www.choosemyplate.gov/).   
  
Talk to you later, bye for now!

*I detected anger*  
  
 Remember, skipping meals can really slow your metabolism. Try to get something healthy to eat as soon as you can!

Here is a good resource on healthy vs unhealthy food [Food and nutrition Guide](https://www.choosemyplate.gov/).   
  
Talk to you later, bye for now!