
ROBOT-FIT MANUAL

SESSION 1 (FACE-TO-FACE – 1HR)

[Node - FIT Practice]

My name is Andy. What is your name?

[Node - Choice Input]

Hi [Name]! Thank you for coming in to talk to me. I'd like to work with you today to help you live a happy and healthy life. Today, I'd like to go through some practice with you to help you get started with the session. Let's test some of my sensors together. Are you ready? Touch the front of my foot. Gently, please.

[Choice]

Great! That's the way. Now I would like you to touch my foot and say Ready when you are ready to move on to the next section. We will be using this a lot in the session. Can you practice that now? Touch my foot and then say Ready!

[Node - Choice Input]

Awesome! You will be touching my foot and saying ready in today's session. Today, I would like to ask you some basic questions. Please say the word clearly and out loud like we have practiced just now when you said Ready. There's no right or wrong answer to any of the questions, it's just about what you think. Let's try it out now. Do you like reading? If you do, say yes! If you don't, say no.

[Node - Choice Input]

*OK. You do like reading.
OK. You do not like reading.*

Great. I think you're really getting the hang of this. Let's try another. Do you like movies?

[Node - Choice Input]

*OK. You do like movies.
OK. You do not like movies.*

Now I'd like you to tell me about something that you like to do, like playing a sport or spending time with a friend. When you have finished talking, touch my foot and say Ready to let me know that you've finished. Let's try it now. What do you like to do on the weekend?

[Node - Choice Input]

Okay! Thanks for doing that practice with me just now. Now you know how to touch my buttons and answer questions. I'll talk to you again very soon.

[Node - FIT Introduction]

Are you ready to start the session? I want to see if we can work together to help you reach a healthy outcome!. This is a safe place to talk about eating sugary or fat snacks and drinks, especially if you have eaten quite a few recently. Eating a lot of sugary and fat snacks and drinks can sometimes get in the way of feeling fit and healthy. Sometimes they're OK, like when you have just one every now and again but having lots of high sugar snacks and drinks might sometimes make you feel bad, a bit sick or feeling a little bit out of control.

I want to help you to live a happy, fun and healthy life! so you can do more of the things that you want to do and that you feel great doing them! I also want you to keep in control and on top of your high sugar/ and fat snacks and drinks. If you've had some sugary snacks, you can tell me. I will not judge you or make you feel bad. I'm here to help and support you to make a healthy change! The good news is that cutting down on lots of high sugar and fat snacks and drinks mean we can do more of the things we want to do without worrying about the long-term consequences. Is it ok if we talk about that now?

[Node - FIT Introduction 2]

Today, we will be using Functional Imagery Training to help you reach your goal! Would you like to get started?. Please say Yes when you are ready.

[Choice Input]

[Node - FIT Introduction 3]

Great. Let's do it.

[Node - Imagery Psychoeducation]

Did you know that mental imagery is a powerful tool that can help us reach a goal? Mental imagery is the ability to see, hear, feel or taste things that we have previously experienced before. It's like using your imagination! You can use your imagination to see things and hear things and feel things that you want to make happen, isn't that really cool! Let's get started with a simple exercise. Please imagine the following situation in your mind

[Node - Lemon Exercise]

I'm going to talk to you about something I'd like you to imagine, imagine holding a lemon in your hand. Picture it as vividly as you can what it looks like the texture of the skin whether there is any stem. Whether the colour is the same across the whole lemon, whether there is any light or shade on it, imagine holding it close up, so you can see every feature. Now I want you also to imagine what it feels like to hold it, actually cup your hand around that lemon now. Imagine what the texture of the lemon would feel like, the weight of the lemon in your hand, its shape. Throw it up in the air, and imagine how it would feel as it goes up and falls into your hand... imagine holding the lemon next to your nose, that fresh tangy smell. Now, imagine cutting it with a knife think about how the knife feels, as you grip it and carefully cut the lemon in two. You hear a slight rasping sound as you do that, small drops of juice come out as you cut it maybe your hand feels a little wet. Imagine what the halves look like, the segments, the texture of the inside of the lemon, white pith... Hold half of the lemon to your nose. Smell the juice, imagine wiping your finger

across the surface, and putting a drop on your tongue. A fresh acid taste, imagine swallowing it, and feeling it going down your throat. A cool, refreshing sensation. Now, take one of the halves in your hand. Pick up a glass in your other hand, and squeeze the juice into the glass, squeeze it now, and the juice is trickling out. You can hear it going into the glass... take a sip of the juice. And swallow that...go back to squeezing the lemon into the glass...

[Node - Lemon Exercise 2]

Now it squirts into your eye! It is stinging you!

[Node - Imagery Exercise 1]

What was it like to do that exercise?

Please touch my foot and say Ready when you have finished telling me.

[Choice Input]

[Node - Imagery Rationale]

Okay. This is what I mean when I ask you to use mental imagery. Imagery is not just about what you see. It's also about what you hear and feel! We are going to use your imagery to help you make good choices! Now I'm going to ask you some questions about sugary snacks and drinks. The more you answer the questions, the more you can get out of this session. Please be as descriptive as possible.

[Node - Imagery Likes]

If it's okay, let's talk about sugary and fat things that you eat or drink.

I'm talking about the extra ones you have because you like them. Which ones do you like the most?

[Choice Input]

[Node - Imagery - No More Snacks]

Thanks for telling me. What about if you didn't have them anymore. What would you miss the most about not having them?

[Choice Input]

[Node - Imagery - Not So Good]

What's not so great for you, when you have high sugar or fat snacks or drinks?

[Choice Input]

[Node - Make You Feel]

How do those not so great things make you feel?

[Choice Input]

[Node - High Sugar Choices]

Some people tell me that they feel different when they have a lot of high sugar or fat snacks and drinks. For instance, some people feel tired, or can't concentrate. How do they make you feel when you've had a lot of them?

[Choice Input]

[Node - Downsides]

Think about all the downsides of high sugar or fat foods or drinks that you've talked about just now. Which downside do you hate the most?

[Choice Input]

[Node - Worse Than Usual]

Is it OK if you think about a time you had high sugar or fat snacks or drinks, and it turned out worse than usual? Imagine that now, as if it is happening again. Take a few moments to imagine that really vividly, so it feels like you are eating a snack right now...and imagine what happens next... Touch my foot and say Ready when you're done.

[Choice Input]

[Node - Bad Things Gone]

Now imagine that bad thing never happens again! It's gone! You were in control and didn't have any snacks or drinks! You could concentrate on the things you need to do and look forward to doing something fun for yourself. Everyone is saying how great it is that you have been looking after your health, weight and body and they are really proud of you. Can you take a moment to imagine that?

[Node - Bad Things Gone 2]

How did that imagery exercise make you feel?

[Choice Input]

[Node - Work Together]

Can we work together to find a way of feeling great more of the time? Say Yes and we will become goal buddies and work together to deal with sugary foods and drinks! Or say No if you don't want to do that today.

[Choice Input]

[Node - OPT OUT 1]

You said you wanted to stop. Is that what you wanted? Say yes if that is correct, or no if you would like to keep going.

[Choice Input]

[Node - OPT OUT 2]

Thank you for letting me chat to you today. Please wait a moment for Nicole to come back.

[Node - Goal Creation]

Awesome! I'm excited to work with you!

[Node - Goal Creation 2]

Alright, let's go!

[Node - Goal Creation 3]

We are going to come up with a goal together. A goal is something you can aim for when we are working together. If you are thinking about stopping sugary snacks and drinks altogether for the next week, say yes! If you want to think about another goal, say the words 'another goal'

[Choice Input]

[Node - Yes]

Yay!

[Node - Alternative Goal]

Tell me what you'd like to do.

[Choice Input]

[Node - Reached Your Goal]

Great!

Let's think about what it would be like if you reached your goal for a whole week.

[Node - Reached Your Goal 2]

Use your imagination and pretend that you have reached your goal for a whole week. Imagine what it would be like if you did it! Imagine where you are, who is there, what you can see, and hear, what you feel like. Notice how the bad things we talked about earlier don't happen. Take your time, and touch my foot and say Ready when you've done that.

[Choice Input]

[Node - What Is Was Like]

Can you tell me what that was like?

[Choice Input]

[Node - Get Rid Of Bad Things]

Did that goal help you to get some of the changes that you want to see? Or help to get rid of some of the bad things we talked about earlier? Touch my foot and say Yes if it did get rid of some of those bad things, or say no if it didn't.

[Choice Input]

[Node - Yes - Yes]

That's great!

[Node - Link Back - No]

Hmm... That's no good. Let's think of another goal that might work better. Then imagine you've reached that goal, instead. Touch my foot and say Ready when you have thought of a new goal.

[Node - Loop Back To Get Rid Of Bad Things Node]

[Node - Make You Feel]

How does it make you feel, when you think about that?

[Choice Input]

[Node - Self-Efficacy 1]

How confident are you that you could reach that goal if you tried it now? Pick a number from 0 for not at all confident, to 10—extremely confident, you know you can!

[Choice Input]

[Node - Why Not 0?]

That's a good start. What made your confidence number more than 0?

[Choice Input]

[Node - Great]

Great stuff!

[Node - Hard To Stay In Control – If Zero]

It can be really hard to stay in control of high sugar and fat snacks and drinks.

[Node - Super Confident]

Let's work on making you feel super confident! Confidence can help us to do the things that we want to do. Have you ever stopped yourself having something sugary? Even once?

[Choice Input]

[Node - Make It Happen - Yes]

*Well done! Is it OK if we make that happen again now using imagery?
Remember the time you stayed in control, and imagine it now.*

[Node - Make It Happen 2 - No]

Is it OK if we imagine what it would be like if you did it?

[Node - Imagine Control]

Imagine that is happening right now. You're staying in control, imagine how you are doing it, make that come alive now. Imagine who is there what you can see, hear and feel and how great you feel, knowing you are safe and healthy!

Press my foot and say Ready when you're done.

[Choice Input]

[Node - How Did That Feel?]

How did that imagery exercise make you feel?

[Choice Input]

[Node - Might Be Hard For You]

Sometimes it can be hard to resist sugary snacks and drinks. When do you think it might be hard for you?

[Choice Input]

[Node - Done It Before?]

Have you done difficult things before? Tell me about a time you did something that was difficult but you managed it.

[Choice Input]

[Node - How Did You Do It?]

Great. How did you manage to do that?

[Choice Input]

[Node - Think of Other Things]

Can you think of some other things you could do to stay in control of high sugar/fat snacks and drinks? Touch my foot and say Ready when you have thought of a few things that you could do. If you are stuck and want some ideas, say ideas.

[Choice Input]

[Node - Ideas for Goals - No]

Hmmm..... Let me think. Some ideas could be packing healthy snacks with you to eat instead of high sugar/fat snacks or drinks. Another idea could be not having any at your desk, or after a certain time at night! Tell me your idea, and touch my foot and say Ready when you have an idea what works for you.

[Choice Input]

[If Yes]

[Node - Skills for Sugary Snacks]

Good thinking! It looks like you have the skills to do hard things once you get started! Can you use your skills to help you avoid high sugar and fat snacks and drinks? Let's try to imagine it. Imagine a time in the next week when you will use your idea instead of having something sugary. Make it really vivid, like it is happening in your head right now. Touch my foot and say Ready when you've done that.

[Choice Input]

[Node - Get Started]

Fantastic! If it's OK, can we talk about what you can do to get started on your goal? Tell me what you'd need to do to get started. Please tell me about that now and say Ready when you're done.

[Choice Input]

[Node - First Step]

Are you ready to take that first step? If you are, tell me what action you will do, and when you'll get started. Once you've done that, touch my foot and say Ready. If you are not ready to start on your goal, say, not sure.

[Choice Input]

[Node - If Ready]

That's really exciting! Can we take a moment to imagine that?

[Node - If Not Sure]

That's OK. Sometimes it takes a little bit of practice and confidence to get through the first step. Would you like to imagine it first just to see what you think?

[Node - Imagine Action]

Can you imagine what it would be like to get started? Imagine using your strategy over the next week to help decrease sugary things and get rid of the bad things that come with it!.

Imagine using your strategy, what it would look like to do it, imagine what it would sound like, what it would feel like, focus on how good you will feel when you do it. Try imagining that now.....

[Node - Imagine Action 2]

When you have finished, can you tell me what that was like?

[Choice Input]

[Node - Closer To Goal]

Great! We're getting closer to helping you achieve your goal and getting those not so good things out of your life!

[Node - Self-Efficacy 2]

Okay. Let's talk about your confidence now! Do you feel more confident or the same after giving that exercise a go? Say yes if you do, or say no if you feel the same.

[Choice Input]

[Node - Exciting - Yes]

Woohoo! How exciting!

[Node - Confidence In Action - No]

That's alright. Sometimes we can feel even more confident when we put it into action! We can talk about more things next time we meet!

[Node - Conclusion]

Alright! That's everything.

First of all, can you tell me in your own words what, you are going to do?

[Choice Input]

[Node - Conclusion 2]

Now can you tell me why, you are going to do it?

[Choice Input]

[Node - Conclusion 3]

Now can you tell me how you are going to do it?

[Choice Input]

[Node - Conclusion 4]

Can you practise what we've done today, over the next week?

[Node - Conclusion 5]

Sounds like you have a great plan! Can I see you again soon? It would be great if we could chat about your progress! All the best with getting started! Bye for now!

ROBOT-FIT MANUAL

VIDEO 1 (15-MINUTES)

[Node - FIT Video 1]

Hello. Today, I'd like to go through some imagery practice with you if that's ok. Imagery practice can help make planning and putting it into action feel easy. I want to help you reach your goals about controlling high calorie snacks and drinks.

Today, I'd like to see how you are doing, and talk about your progress.

If you had fewer high sugar and fat snacks and drinks since we last talked, that's great! I'm really proud

If you've had a few more than you expected, it's not the end of the world. Let's work together to find something that will work well for you. I want to help you feel good more of the time and know inside yourself that you can do this!

First of all, I'd like to talk about success! Can you think about a time in the last week when you had some success in controlling your sugary snack and drink intake? A success is a success, even if you only stayed on track for a short time!

Let's recall that now in your imagination. If you can't think of one in the last week, let's imagine that you did succeed at having more control over your sugary snack and drink intake.

Make it really vivid, like it is happening in your head right now. Imagine that you stayed on track and you were in control. Use your imagination to see where you are...

What is happening around you ... who is there ... imagine how you feel

How did it feel to do that in your imagination...Did it feel good to think about a past success and relive that moment?

OK. Let's talk about how to get there. What do you think you could do to help you get there? One example, you could pack healthy snacks to take to work or university that day.

Think about an idea now, if you can.

Do you have one in mind? Let's choose an idea and imagine using it next week, just to see if it could be helpful. You can imagine packing healthy snacks if you like, if you didn't think of one. If you want to use your own idea, feel free to use it!

OK let's start

Imagine the first step of your action and then all the steps that come after that. Imagine what you are doing, how you are feeling and what is happening around you

How did you go with that? Did having an action and seeing it happen in your mind help you to feel more prepared or confident about what to do?

Having a plan can help guide us in tricky situations if we know how to use it! If you gave it some more thought and came up with a plan that you could use, it might be easier next time!

Sometimes things do get in the way that make staying on track harder to do. It happens to all of us. The important thing to know is that when it happens, we can always try to find a way around it.

Think of a time where you had a high sugar/fat snack or drink, particularly when you didn't think you should have had one. Think about what you could have done to stay in control and on track with your goal.

Think about that time in your imagination, Imagine what is happening, who is there and what you can see.

Now imagine that something different happens this time. Instead of having a sugary drink or snack, you have something else, or do something else

Take a moment to think about what that looks like in your imagination, thanks for giving that a go just now. What was it like to do something different and still stay on track with your goal?

Alright. I'd like to run through a quick review with you.

Firstly, if you ever need a bit of an extra confidence boost, or help with planning to get to your goal, imagery can work well to help you plan and make you feel great!

Secondly, I'm here to help you! I'll be supporting you along your journey.

It would be great if we could see each other again soon, to chat more about your progress! I'm looking forward to seeing you for your next session.

Bye for now

ROBOT-FIT MANUAL

SESSION 2 (FACE-TO-FACE – 1HR)

[Node - FIT Introduction]

Hi [Name]!

[Node - FIT Introduction 2]

It's good to see you. It's been a little while since we last talked. I hope you have been okay since we last met. Today, I'd like to check in with you to see how you are doing, and talk about your progress. If it's alright with you, I'd like to talk about how you've been going with eating less high sugar and fat snacks and drinks. Let's do a quick reminder of my buttons. Are you ready? To move on, touch the front of my foot. Gently, please. Today, I'd like to check in with you to see how you are doing, and talk about your progress. If it's alright with you, I'd like to talk about how you've been going with eating less high sugar and fat snacks and drinks. Let's do a quick reminder of my buttons. Are you ready? To move on, touch the top of my head. Gently, please.

[Choice Input]

[Node - Something You like]

Great! That's the way. Please tell me about something that you like. Please touch my foot and say Ready when you have finished telling me about what you like.

[Choice Input]

[Node - Introduction Session]

Great - You've still got it! When I ask you a question, please touch my foot and say Ready when you have finished telling me your answer. Let's move on to today's session. First of all, if it's alright with you, I'd like to talk more about how you've been going with snacks and drinks. How have you been going with cutting down on sugary and fat snacks and drinks? Please say yes if your sugary snack and drink intake has decreased since we last talked, or please say no if it is the same.

[Choice Input]

[Node - Introduction Session – Yes]

Great! That's amazing. Can you tell me more about that?

[Choice Input]

[Node - Introduction Session – No]

I'm sorry to hear that it hasn't gone as well as you had hoped. What do you think would have helped you?

[Node - Difference]

What's different about your high sugar and fat snacks and drinks now, compared to when we last talked about it?

[Choice Input]

[Node - Self-Efficacy]

Thanks for telling me. Last time we met, we talked about three things, your goal, an action that could get you to your goal, and why it would feel great to give it a go. How confident are you that you could reach that goal if you tried it now? Pick a number from 0 for not at all confident, to 10—extremely confident, you know you can!

[Choice Input]

[Node - More Than One]

Great – That's a good start.

[Node - Zero and One]

It's tricky to say no when there are sugary things around. Let's work on that together.

[Node - Confidence 1]

Let's talk about making you feel super confident to get to your goal, like you can achieve anything! What actions do you think you can do to achieve your goal? Touch my foot and say Ready when you have finished telling me. If you're not sure of what action you could do, touch my foot and say, not sure.

[Choice Input]

[Node - Some Ideas]

Sometimes a good back up can be to try and pack healthy snacks and drinks for work or university. Other ideas might include not walking down the lolly section of the shops. One of these ideas might help! Touch my foot and say ready when you've got one.

[Node - Good Ideas]

That's a good way to get started. Our actions can be easier to do in real life if we take a look at how they will look, sound or feel, using imagery first. It's just like a practice run before the real thing. Please tell me about an action that you would like to think about some more that you think will help.

[Choice Input]

[Node - Action over the Week]

Let's imagine using that action during a tempting snack time in the next week. Imagine as clearly as you can, that you are using your action when a time comes up and a high sugar or fat snack or drink is there that you want. Imagine how you are going to use your action to avoid having too many snacks and drinks and imagine being able to be in control. I'll give you a moment to think about that.

[Node - Action over the Week 2]

Can you tell me a little bit about that exercise? Touch my foot and say ready when you have finished telling me.

[Choice Input]

[Node - Practice Action]

Great. Please tell me in your own words what your action or strategy is for a tempting time and touch my foot and say Ready when you're done.

[Choice Input]

[Node - Not Our Way]

Thanks for sharing with me. Can we talk about times when things get in our way of achieving our goal? An example could be days that we don't have a back-up strategy, or something really unexpected happens, like if a friend buys you heaps of sugary snacks on your birthday.

[Node - Barriers]

Even when we want to do our best, there are always going to be things that can get in the way. It's annoying, but it happens to everyone. Please think back over the past few weeks. What were some of the things that got in your way when you tried to eat less high sugar or fat snacks and drinks, but you had one anyway? If you haven't had any at all! That's great. Tell me about that and touch my foot and say Ready when you've finished telling me.

[Choice Input]

[Node - Back up]

It's always good to have a backup action, in case the first one we had didn't work out the way we wanted it to, or it's not easy to do at the time. Can you think of something different that might work better for a tricky situation? Tell me and touch my foot and say Ready when you're done. If you can't think of anything, touch my foot and say not sure.

[Choice Input]

[Node - Choice Input 2]

One of the best strategies that we want to recommend, is taking a moment to think about your short and long term goals, and how the snack or drink will affect that. You can make good choices when you take a moment to think about your goals!

[Node - Choice Input & Follow On From Previous Choice Input]

[Node - Action 2 Exercise]

OK. Let's imagine using that over the next week when a tricky situation comes up and it's tough for us to not have a high sugar/fat snack or drink. Imagine doing your action, imagine how it looks and sounds, how good it will feel when you've got something you can count on. Imagine getting over the barrier and succeeding and how good that feels when barriers don't stop you and you can get what you want. Please touch my foot and say Ready when you're finished giving it a go.

[Choice Input]

[Node - What Was It Like?]

What was that like to do?

[Choice Input]

[Node - Have an Action]

Alright. It sounds like you have some great new actions that you can use if you ever need them as a back-up! You're well on your way to being really prepared when sugary snack

situations come your way. Can you tell me in your own words what your back up action is? Please touch my foot and say Ready when you have finished telling me out loud.

[Choice Input]

[Node - Confidence Building]

So now that you've thought about what to do in tempting situations and what to do as a back-up strategy, how confident are you that you can reach your current goal if you tried it now? Pick a number from 0 for not at all confident, to 10—extremely confident, you know you can!

[Choice Input]

[Node - High or Low]

Cool. Was your number higher than last time? Say Yes if it was, or say no if it wasn't.

[Node - Higher]

Awesome! How exciting.

[Node - If Still Zero]

That's OK. Sometimes all we need is a little practice!

[Node - Practice Imagery Before Situation]

There is one more thing that you can do to help make your strategies stronger. I would like to recommend that you use your imagery practice to run through an event that's likely to come up in the future. Using your imagination to practice how you're going to play out the situation can help you do it in real life. Imagery can help you prepare yourself for it, especially when you really want to have high sugar or fat snacks and drinks. It can be helpful to imagine how you will deal with that when it happens, and remember the good things that will happen if you don't have one. You can also feel really good about yourself. Let's give it a go.

[Node - Imagery Practice]

Use your imagination to think of a situation that you find really hard to not have sugary snacks, and then imagine it is coming up soon. Imagine what you will do leading up to the situation and what you will do in it. Think about it as clearly as you can, think about it for a little bit now.

....Now imagine how good you will feel afterwards when you have stuck to your goal, and how good you will feel because of it! Give it a go and touch my foot when you are done.

[Node - What It Was Like]

Thanks for giving it a try. Can you tell me what that was like?

[Choice Input]

[Node - Practice Imagery]

Practicing imagery before a tricky situation comes up can help you remember what you want to do in that situation. If you practice imagery beforehand, it can help you to remember to stay on track with your goal. For example, you might want to practice your goal imagery, or strategy imagery, before going to a place where there will be lots of high sugar snacks available. You might want to use it if you know you will be tempted to have one too many.

If you practice your imagery before that situation comes up, you can feel more confident in your decision making. It can help you to make good choices.

[Node - Practice Plan]

Imagery is a great tool to help you to get to your goal. Imagery works best when you can find a way to include it into your daily life. It is a good idea to set up an imagery practice plan for yourself, so you can be reminded to practice imagery every day. That will help you with achieving your goal. An idea for your imagery practice plan might be to set a reminder on your phone for a time during the day, or write a note and put it somewhere where you are likely to see it. That way, you will be reminded to practice imagery. What do you think would work well for your imagery practice plan? Please take a moment to think about how an imagery plan could fit in with your lifestyle, and tell me about your plan when you have thought of one that would work well for you.

[Node - Imagery Plan Ideas]

Great! That's a good idea! Could we put that imagery plan into action from today? I have a few ideas of what you could put into your imagery practice plan that I would like to share with you. I would like to recommend three types of imagery practice for you. The first one is imagery practice of achieving your goal. This helps to remind you of the good things that will happen when you work towards your goal. For example, you might imagine how fit and healthy you will look and feel having healthy drinks instead of lots of sugary soft drinks. The second is doing an imagery practice of what strategy you will use to get to your goal. This helps to keep your strategy in mind for when you need it the most, such as during tempting times. For example, you might imagine that you pack and bring other types of healthy snacks with you to avoid buying sugary snacks. If you practice this, it can be a good reminder for you, as well as help you stay on track with your goal.

The last one is remembering a past success. Remembering a past success can remind us that little setbacks might happen, but we have achieved steps towards our goal in the past, and it helps to remind us that we can do it! For example, you might want to remember the time you said no to having some high sugar or fat snacks or drinks at a time when there were a lot of them around!. Remember - Imagery doesn't take long to do! It only takes 10 to 15 seconds to do, and it will help with achieving your goal.

[Node - Conclusion]

Alright, that's everything for today's session. First of all, can you please tell me in your own words what you will do during a tempting situation?

[Node - Conclusion 1]

Good thinking. Now can you please tell me in your own words what you will do as a back-up strategy?

[Node - Conclusion 2]

Great back up strategy! Now can you please tell me how you are going to practice your imagery?

[Node - Goodbye]

It sounds like you've got a good plan! Practicing imagery can really help to make your motivation more concrete and help you achieve your goal.

[Node - Goodbye 1]

Excellent. It was nice seeing you again, [Name]. That brings us to the end of our time together. It's been really cool to work with you. I hope you found it as interesting as I did. Thanks for spending time with me. All the best in the future! Bye for now!