
ROBOT-DIABETES FIT MANUAL

SESSION 1 (60-MINUTES)

[Node - Hello There 1]

Hello [Name]

[Node - Hello There 2]

My name is Andy. Thank you for coming in to talk to me today. Today, I'd like to talk with you about things that you like to do, and show you something fun. Let's test some of my buttons together. Are you ready? To say Yes, touch the front of my blue foot. Gently, please.

[Choice 1]

[Node - Great]

Great! That's the way. Sometimes, you might not be 100% sure what I've asked you to do. If that happens, you can touch the top of my head to hear me say it again. Please touch the top of my head to hear me say it again. Can you try it out now?

[Choice 2]

Sometimes, you might not be 100% sure what I've asked you to do. If that happens, you can touch the top of my head to hear me say it again. Great. Now you know how to ask me to repeat what I have just said for you. I will also give you some little reminders along the way too!

Great. Today, I will ask you to touch my blue foot or yellow foot to answer some questions. Please touch my foot in the same place that we have practiced just now. For these next few questions, if you would like to answer Yes, touch my blue foot. If you would like to answer No, touch my yellow foot. Let's try it out now. Do you like animals?

[Node - Yes Input]

Ok. You do like animals. That's an example of a question where you can either touch my blue foot to say yes or my yellow foot to say no. There's no right or wrong answer, it's just about what you think.

[Node - No Input]

Ok. You do not like animals. That's an example of a question where you can either touch my blue foot to say yes or my yellow foot to say no. There's no right or wrong answer, it's just about what you think.

[Node - Question 2]

Great. I think you're really getting the hang of this. Here is another question. Do you like movies?

[Node - Yes Input]

OK. You do like movies.

[Node - No Input]

OK. You don't like movies.

[Node - Conclusion 1]

Thanks for doing that practice with me. Now I'd like you to tell me a bit about something that you like to do, like playing a sport or spending time with a friend. Please tell me about something you like to do. Please touch my blue foot when you have finished telling me about what you like to do in your free time.

[Choice 3]

[Node - Conclusion 2]

That's great. That's all of the things you need to know for now. Thank you for going through that with me.

[Tai Chi Behaviour]

Behaviour 1 – FIT Program

[Node - FIT Introduction]

Hello again. Are you ready to start the session?

Now that we had some fun, I'd like to talk to you about diabetes.

*I'd like to work with you to help you work towards a goal and help you feel great!
I want to see if we can work together*

This is a safe place to talk about eating sugary snacks, especially the ones that we are not usually meant to eat

Sugary drinks and snacks like chocolate can make your blood glucose level go crazy!

Sometimes they're OK, like when you need it for low blood sugar, or when you use the right amount of insulin with them

Other times, sugary things can make us feel weird inside, and that's not good.

Diabetes might sometimes feel like it stops you from doing things that you want to do, and that can make you feel down

That makes me sad, 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!

I can keep a secret, so you can feel safe talking to me about your snacks

If you had some sugary snacks, you can tell me.

I will not tell your parents what you say today,

but it would be nice if you let them know so they can support you too! That's your choice.

Having healthier snacks means we can do more of the things we want more safely! I'd like to talk to you about that.

*Get ready to use your imagination! Would you like to get started?
Please touch my blue foot when you are ready.*

[Choice Input]

Great! Let's do it.

[Node - FIT Introduction 2]

Great. Let's do it.

[Node - Imagery Psychoeducation]

Did you know that your imagination is a very powerful thing that your brain can do? You can use it to see, and hear, and feel things that you want to make happen. Can we practise using your imagination now?

Can you imagine playing a board game? Please pick one that you like to play!

Please press my blue foot when you have thought of a board game that you like to play.

[Node - Board Game Example]

I'm going to talk to you about something I'd like you to imagine in your mind, please imagine these steps in your mind while I am talking to you. You can think of it like you are the star in a TV ad or a movie that you can watch in your mind.

Imagine as clearly as you can what the board game looks like and who is playing the game with you imagine what the dice look like in your hand what it feels like to shake the dice around in your hands blow on the dice for good luck, and imagine what it feels and sounds like. Roll the dice and imagine how it sounds when they hit the game board move your counter around the board. Imagine you have the best roll, and you can move to the end to win the game! Everyone is excited that you won. They are high-fiving you and saying whoa you did great!

[Node - Board Game Example 2]

That was exciting!

[Node - Board Game Example 3]

What was it like for you? Please tell me what you saw in your imagination when you won the board game

Please touch my blue foot when you have finished telling me what you saw, heard and felt in your imagination just now.

[Choice Input]

[Node - Imagery Rationale]

*Okay. This is what I mean when I ask you to use your imagination.
Imagination is not just about what you see, but it's also about what you hear and feel!
We are going to use your imagination to help you make good choices*

[Node - Imagery Likes]

If it's okay, can we talk about sugary things you eat or drink?

I am not talking about the ones you need when you are having a hypo, or blood glucose levels are low, or the ones that are in your usual diet. I'm talking about the extra ones you have because you like them especially the ones you get at school, or when adults aren't around.

What extra sugary snacks or drinks do you like the most? Please touch my blue foot when you have finished telling me what snacks and drinks are your favourite?

[Choice Input]

[Node - Imagery - No More Snacks]

What about if you didn't have extra sugary snacks or drinks anymore? What would you miss the most about not having the extra sugary snacks or drinks that you like to have?

Please touch my blue foot when you have finished telling me what you would miss about those extra snacks and drinks.

[Choice Input]

[Node - Imagery - Not So Good]

What are some not so good things that happen when you have extra sugary foods or drinks?

For example, some people might get headaches or feel a bit weird after having some extra snacks. Please touch my blue foot when you have finished telling me about some not so good things from having extra sugary snacks and drinks.

[Choice Input]

[Node - Make You Feel]

How do those not so good things make you feel? Please touch my blue foot when you have finished telling me how you feel after you have extra snacks and drinks.

[Choice Input]

[Node - Family And Teachers]

What about your family or teachers? Do they ever get sad, or mad, because you had some sugary food or drink when you weren't meant to?

Please tell me if that has happened before? Please touch my blue foot when you have finished telling me about a time when that happened.

[Choice Input]

[Node - Other People's Feelings]

How does it feel when other people get upset about the sugary foods or drinks you've been eating or drinking? Please touch my blue foot when you have finished telling me how it makes you feel.

[Choice Input]

[Node - High Sugar Choices]

Some people tell me that they feel different when their blood glucose levels are higher. For instance, some people feel tired, or can't concentrate.

Others feel more grumpy. I'm interested in how it is for you. Please press my blue foot for Yes or yellow foot for No to answer these questions

[Node - High Sugar - 1]

When your blood glucose level is higher, do you sometimes feel tired?

[Choice 9]

[Node - If Yes]

Please tell me about a time when that happened. Touch my blue foot when you have finished telling me what happened during that time.

[Choice Input]

[Node - High Sugar - 2]

How about concentration? Do you sometimes find it hard to think clearly after you have something sugary?

[Choice Input]

[Node - If Yes]

Please tell me about a time when that happened. Touch my blue foot when you have finished telling me what happened during that time.

[Choice Input]

[Node - High Sugar - 3]

And when your blood glucose levels are higher, do you sometimes get frustrated more easily or feel 'moody'?

[Choice Input]

[Node - If Yes]

Please tell me about a time when that happened. Touch my blue foot when you have finished telling me what happened during that time.

[Choice Input]

[Node - Downsides]

Think about all the downsides of extra sugary foods or drinks that you talked about. A downside could be something like feeling weird after too many snacks, which downside do you hate the most? Please touch my blue foot when you have finished telling me about the biggest downside of extra sugary snacks and drinks.

[Choice Input]

[Node - Worse Than Usual]

Is it OK if you think about a time you had some extra sugary food or drink, and it turned out worse than usual? Just like the board game earlier in the session, I am going to talk to you about something I'd like you to imagine in your mind. Please think about each step as clearly as you can, in your imagination, when I am talking to you. If you find it a bit hard to imagine at times, that's OK. Just try to bring it back into your mind and keep going. Are you ready? OK, here we go.

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. Maybe you are feeling headachy, tired, or maybe you're getting into trouble imagine those downsides as vividly as you can. Touch my blue foot when you have finished imagining that, and you've made it as clear as you can.

[Choice Input]

[Node - Bad Things Gone]

Now imagine that bad thing never happens again! It's gone!

Your head is clear and you can concentrate and look forward to doing something fun, and everyone is saying how great it is that you're able to look after yourself.

Can you take a moment to imagine that? Please touch my blue foot when you have finished thinking about each step, and made it as clear as you can.

[Choice Input]

[Node - Bad Things Gone – 2]

How does that feel? Please touch my blue foot when you have finished telling me how that made you feel, to see yourself going through all of those steps in your mind.

[Choice Input]

[Node - Work Together]

Can we work together to find a way of feeling great more of the time? Touch my blue foot we will become goal buddies and work together to deal with sugary foods and drinks! Or touch my yellow foot, if you don't want to do that today.

[Choice Input]

Alright. You don't feel like working on your snacking right now? If you didn't mean to say that, touch my blue foot. Otherwise, touch my yellow foot again, and I'll let Nicole know.

[Choice Input]

[Node - OPT OUT 2]

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

[Node - Goal Creation]

Great!

I'm excited to work with you, [Name]!

[Node - Goal Creation - 2]

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 extra sugary things altogether, except for when you are having a hypo, or you have extra insulin touch my blue foot. If you want to think about another goal, touch my yellow foot.

[Node - Yay - Blue]

Yay!

[Node - Alternative Goal – Yellow]

Tell me what you'd like to do. Please touch my blue foot when you've finished telling me how you want to change your extra sugary snacks and drinks.

[Choice Input]

[Node - Reached Your Goal]

Great! Can we think about what it would be like if you reached your goal for a whole week?

[Node - Reached Your Goal - 2]

I am going to talk to you about something I'd like you to imagine in your mind. Please think about each step as clearly as you can, in your imagination. Please do this while I am talking to you. If you find it a bit hard to imagine at times, that's OK. Just try to bring it back into your mind and keep giving it a try. Are you ready? OK, here we go.

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 blue foot when you've thought about that as clearly as you can and played out those steps in your mind.

[Choice Input]

[Node - What It Was Like]

Can you tell me what that was like? Please touch my blue foot when you have finished telling me about what you saw in your mind, and what it was like to see that happen.

[Choice Input]

[Node - Get Rid Of Bad Things]

Did seeing yourself achieve that goal in your mind get rid of some of the bad things we talked about earlier? Touch my blue foot for yes or my yellow foot for no.

[Choice Input]

[Node - Positive Answer - Yes]

That's great!

[Node - Link Back - No]

Hmm... That's no good.

Can we think of another goal that might work better? Once you have a new goal, please imagine you've reached that goal instead. Touch my blue foot when you have finished imagining the new goal.

[Loop back to Get rid of bad things node]

[Node - Make You Feel]

How does it make you feel, when you think about that? Touch my blue foot when you have finished telling me how it made you feel, to achieve your goal in your mind.

[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!.

If the number is 0, touch my yellow foot, but if it's higher, tell me that number and touch my blue foot.

[Choice Input]

[Node - Why Not 0?]

That's a good start.

[Node - Hard With Snacks]

It can be really hard to stay in control of yummy things.

[Node - Super Confident]

Can we 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? If you have, touch my blue foot. If you have not, touch my yellow foot.

[Choice Input]

[Node - Yes or No]

[Node - Make It Happen - Yes]

Well done! Is it OK if we make that happen again now, in your imagination? 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]

Please follow along with me and imagine these steps in your mind when I am talking to you. If you find it a bit hard to imagine at times, that's OK. Think about bringing it back into your mind and keep giving it a try. Are you ready? OK, here we go.

Remember the time you stayed in control, and imagine it now. 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 blue foot when you're done making it as clear as you can and imagined what it would be like to stop yourself having something sugary, in your imagination.

[Choice Input]

[Node - How Did That Feel?]

How did that feel? Please touch my blue foot when you have finished telling me what it felt like to see yourself limit extra sugary snacks.

[Choice Input]

[Node - Might Be Hard For You]

Sometimes it can be hard to resist sugary things. When do you think it might be hard for you to resist those extra sugary snacks and drinks? Please touch my blue foot when you have finished telling me about times where it might be tricky to say no to extra sugary snacks and drinks.

[Choice Input]

[Node - Done It Before?]

Have you done difficult things before? Please tell me about a time you did something that was difficult but you managed it. For example, something difficult might be tricky homework.

[Choice Input]

[Node - How Did You Do It?]

Great. How did you manage to do that? Please tell me the steps you had to take to get there. Please touch my blue foot when you are done.

[Choice Input]

[Node - Ideas For Goals]

Can you think of some other things you could do to stay in control of sugary stuff? Please press my blue foot when you have finished telling me your ideas to help limit extra sugary snacks and drinks. If you are stuck and want some ideas, touch my yellow foot.

[Choice Input]

[Node - Help With Ideas]

Can I help get you started? How about eating a different sort of snack? Or doing something else you enjoy instead? Maybe you could say "no thanks". Tell me what would work well for you. Press my blue foot when you've finished telling me what would work well for you.

[Choice Input]

[Node - Skills For Sugary Snacks]

Those sound like great ideas. Looks like you have the skills to do difficult things once you get started! Can you use your skills to help you limit sugary snacks? Could you try to imagine it? I am going to talk to you about something I'd like you to imagine in your mind. Please think about each step as clearly as you can in your imagination. Please do this while I am talking to you. If you find it a bit hard to imagine at times, that's OK. Just try to bring it back into your mind and keep giving it a try. Are you ready? OK, here we go.

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 mind right now. Touch my blue foot when you've done that in your imagination.

[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 touch my blue foot when you're finished telling me how you will start on your goal.

[Choice Input]

[Node - First Step]

Are you ready to take that first step? If you are, please tell me what action you will do, and when you'll get started. Touch my blue foot when you have finished telling me your action, and when you think you could start using it if you are not ready to start on your goal, touch my yellow foot

[Choice Input]

[Yes and No 3]

[Node - Exciting - Yes]

That's really exciting!

[Node - First step - No]

That's OK. Is there something you need to do before you would start cutting down sugary things?

[Node - Goal/Opt Out 2]

Would you like to think about what you'd like to do some more, and write down what you thought? Or you may have another idea. Tell me what you'd like to do, and touch my blue foot. If you don't want to do anything right now, that's OK. Touch my yellow foot if that's how you feel.

[Choice Input]

OK, if it's OK, we can talk about it some more next time you come to the hospital. I'll tell Nicole to come in.

[Choice Input]

[Node - Imagine Action]

If it's OK with you, let's imagine you trying out that action over the next week. Imagine using your action over the next week to help decrease sugary things and get rid of the bad things that come with it! Please imagine these different steps in your mind as I am talking to you. Don't forget to try and keep it in your mind as much as you can, even if your mind wanders a little bit. Are you ready? OK, here we go.

Imagine using your action 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, like when you won the board game earlier in the session! Try imagining that now.

Touch my blue foot when you are done imagining using your action over the next week.

[Node - Imagine Action 2]

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

Please touch my blue foot when you have finished telling me what that was like to do in your imagination.

[Choice Input]

[Node - Closer To Goal]

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 – Yes/No]

Okay. Can we talk about your confidence now?

Do you feel more confident or the same after giving that exercise a go? Touch my blue foot for more confident or my yellow foot for feeling the same.

[Choice Input]

[Node - Exciting - Yes]

Woohoo! How exciting! That's great to hear

[Choice Input]

[Node - Confidence In Action - No]

That's alright. Sometimes we can feel 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, Please tell me in your own words, what, you are going to do? What was your goal?

[Choice Input]

[Node - Conclusion 2]

Now can you tell me, why, you are going to work on your goal? Please touch my blue foot when you have finished telling me why you want to do it.

[Choice Input]

[Node - Conclusion 3]

Now can you tell me, how, you are going to do it? Please touch my blue foot when you have finished telling me how you will do it. What were your ideas to help you get to your goal?

[Choice Input]

[Node - Conclusion 4]

Can you practise what we've done today, including the imagination exercises, over the next week? Please tell me your answer and press my blue foot when you are done.

[Choice Input]

[Node - Congratulations]

Alright! Great job today [Name]! 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!

[Rest]

ROBOT-DIABETES FIT MANUAL

VIDEO 1 (15-MINUTES)

Hi there.

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

Can I guide you through some practice today?

It would be great if you could give it a go, because I'd like you to become a pro at taking control of what you eat, and managing your diabetes.

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

If you've had 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! Everyone enjoys having success, and it makes us feel great! Can we imagine what it would be like to feel, a win?

Can you think about a time in the last week when you had some success in controlling your sugary snacks and drinks? A success is a success, even if you only stayed on track for a short time! Think back to when you last had a win.

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.

Take yourself to that time using your imagination. Make it really vivid, like it is happening in your head right now. Imagine that you stayed on track and you were in control. You didn't have much, or maybe you didn't even have one at all!

*Use your imagination to see where you are
What is happening around you, who is there and how you feel.
Take a moment to think about that in your imagination....*

Thanks for giving that a go just now. Did it feel good to think about a past success and re live that moment?

Imagine what it could be like if you felt successes more often! You can, if you put your goal to work.

I'd like to help you get to a place where it's all just about having fun and doing whatever you feel like doing.

*Is it OK if we work on that now?
Can we talk about how to get there?*

If you wanted to control your sugary snacks and drinks even better, what could you do? One example might be to order something different when you are in the queue at the tuckshop. Can you think about a time when it's been hard to stay in control of sugary snacks and drinks? What could you do to beat that, and stay in control? Think about one now, if you can.

Do you have an idea in mind?

If you don't have one yet, I'd like to suggest one for you. Maybe think about seeing something sugary and being able to walk past it like it wasn't even there

Imagine yourself using an action to control your sugary snacks and drinks next week just to see if it could help you.

OK... 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, imagine how good you feel

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!

Here's what I would like to say.

Firstly, if you ever need a bit of an extra confidence boost, using your imagination to work out what you will do can really help!

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

Thank you for taking some time to watch this. It was nice to check in with you!

*I wish you all the best with your progress and I hope to see you again soon.
Bye for now.*

ROBOT-DIABETES FIT MANUAL

VIDEO 2 (15-MINUTES)

Hello

Hi.

Today, Can I guide you through some more practice to help you feel great?

I would also like to talk to you about how you are doing with your progress because I want to help you and be with you on this journey. Here's how I would like to help you today.

First of all, how have you been going with cutting down sugary things? Have you had more or less extra sugary snacks or drink since we last talked? If you've had less extra sugary snacks and drinks since we last talked, that's really cool. If you've had more sugary snacks or drinks, let's talk a little bit about that. I want to share some tips and ideas with you to support you.

First of all, can we talk about what it would be like if you had less sugary snacks and drinks in the last week? Remembering past successes can boost our confidence and help show us that we've done it before, and we could do it again!

Can you think about a time when you didn't have any extra sugary snacks and drinks? If you can't think of one, let's imagine that you didn't have an extra sugary snack or drink when you wanted one or could have one.

Use your imagination to picture yourself in your mind. Make it really vivid, like it is happening in your head right now. Imagine the place you are in, what is happening, who is there, how you feel. And imagine what you will do when you don't have one, take a moment to think about what it felt like to do that in your imagination.

Thanks for giving that a go, did that success help you to see what it would be like if you did stay on track? OK. We know what success looks like and how good it feels to get it. Let's talk about how to get there. If you wanted to control your extra sugary snacks and drink intake, what do you think could do to help you get there? One example, you could pack healthy snacks to take with you 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. 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! It's awesome when things go well.

Sometimes things 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. It doesn't always mean that if we can't stick to our goal then that's it we just have to be flexible.

Can you think of a time where you had an extra sugary snack or drink, particularly when you weren't meant to have one, or didn't think you should have had one? Can you think about what you could have done instead to stay in control of not having something sugary when you didn't feel you needed it. Maybe you decided to have different types of food, or avoid sugary foods altogether. Imagine 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 an extra sugary drink or snack, you have or do something else, can you take a moment to think about what that looks like in your imagination?

What was it like to do something different and still stay on track with your goal? Sometimes we do have to come up with ideas at the last minute.

Alright. I'd like to run through a quick review with you of what we have talked about.

First of all, we imagined having a success with our goal. Successes can make us feel more confident and show us that we can do it! Secondly, we talked about times when things don't go to plan. They're not always bad – sometimes we can even make another success out of it if we can find something else to do! 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 at the hospital.

It was nice to check in with you and see how you are doing!

See you soon. Bye for now

ROBOT-DIABETES FIT MANUAL

SESSION 2 (1 HOUR)

[Node - FIT Introduction]

Hi [Name]! 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 extra sugary snacks and drinks. Let's do a quick reminder of my buttons.

Are you ready?

[Node - FIT Introduction 2]

To move on, touch the front of my blue foot. Gently, please.

[Choice Input]

[Node - FIT Introduction 3]

Great. If you want to hear what I have just said, please touch the top of my head to hear my say it again could you practice that now?

Please touch the top of my head.

[Choice Input]

[Node - Something You Like]

Great. If you want to hear what I have just said, please touch the top of my head to hear my say it again

Awesome.

Please tell me about a game that you like to play in your free time.

Please touch my blue foot when you have finished telling me some think you like about it.

[Choice Input]

[Node - Introduction Session]

Great - You've still got it! When I ask you a question, please touch my blue foot when you have finished telling me your answer.

I will also give you some little reminders along the way too.

Let's move on to today's session. First of all, if it's alright with you, Can we talk more about how you've been going with sugary snacks and drinks? How have you been going with cutting down on extra sugary things?

Remember to touch my blue foot when you have finished telling me.

[Choice Input]

[Node - Difference]

What's different about your extra sugary foods and drinks now, compared to when we last talked about it?

Please touch my blue foot when you have finished telling me what has changed with your snacks and drinks recently.

[Choice Input]

[Node - Self-Efficacy]

Ok. Thanks for telling me.

Last time we met, we talked about 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! If the number is 0, touch my yellow foot, but if it's higher, tell me that number and touch my blue foot.

[Choice Input]

[Node - Great – Higher Than Zero]

Great. That's a good start.

[Node - Tricky - 0]

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

[Node - Confidence 1]

Can we talk about making you feel super confident to get to your goal, like you can achieve anything! What things do you think you can do to achieve your goal? Touch my blue foot when you have finished telling me. If you're not sure, touch my yellow foot

[Choice Input]

[Node - Good ideas]

OK. 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 in our imagination first, just like a practice run. Choose one that you would like to think about some more and touch my blue foot when you've got one.

[Node - Some Ideas]

When you've just got to have a sugary snack or drink, using the right level of insulin can help make it better and lower the chance of having the yucky feelings and higher blood glucose level that comes with it.

Using insulin is always a good back up action.

[Node - Action Over The Week]

I'm going to talk to you about something I'd like you to imagine in your mind, please imagine these steps in your mind while I am talking to you. You can think of it like you are the star in a TV ad or a movie that you can watch in your mind.

Imagine using your action during a tempting snack time in the next week. Imagine as clearly as you can using your action when a time comes up and a sugary snack or drink is there that you want. Imagine how you are going to use your action to avoid the sugary snacks and imagine your friends will be okay if you say to them that you're not having one. Or your family is happy that you've had a good day with your blood glucose level by turning down one. Imagine what they say to you and how good you feel about it, please use your imagination to picture it and I'll give you a moment to imagine that.

Can you tell me a little bit about it? Touch my blue foot when you have finished telling me.

[Node - Practice Action]

It's great that we got to practice your action today.

Don't forget that it's something you will always have with you when you need it. It's your handy back-up.

Can you tell me in your own words what your action is from now on? Please touch my blue foot when you've told me your new action to tackle sugary snacks and drinks.

[Choice Input]

[Node - Not Our Way]

Thanks for sharing with me. Can we talk about when things we don't expect get in our way of our goals?

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.

Over the past few weeks, what were some of the things that got in your way when you tried to eat less sugary snacks Please touch my blue foot when you've finished telling me about that time.

[Choice Input]

[Node - Back Up]

It's always good to have a backup action, in case the first one we have doesn't work out the way we want it to, or it's not easy to do at the time. Can you think of something different that might have worked better for that time? Please tell me and touch my blue foot when you're done. If you can't think of anything, touch my yellow foot.

[Choice Input]

[Node - Backup Idea]

One of the best actions that we want to recommend is having or taking insulin afterwards.

[Node - Action 2 Exercise]

I am going to talk to you about something I'd like you to imagine in your mind. Please think about each step as clearly as you can, in your imagination, when I am talking to you. If you find it a bit hard to imagine at times, that's OK. Just try to bring it back into your mind and keep going. Are you ready? OK, here we go.

Imagine using that back-up action over the next week when a tricky situation comes up and it's tough for us to not have the sugary snack or drink. Imagine doing your back-up 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. Touch my blue foot when you're finished giving it a go.

[Choice Input]

[Node - What Was It Like?]

What was that like to do?

Please press my blue foot when you have finished telling me what it was like.

[Choice Input]

[Node - Have An Action]

Alright. It sounds like you have some new actions that you can use if you ever need them. You're well on your way to being really prepared when sugary snack situations come your way.

So now that you've thought about those actions, how confident are you that you can reach your current goal if you tried it now? If your number is higher than last time, touch my blue foot. If it's the same as last time, touch my yellow foot.

[Choice Input]

[Node - Same]

That's ok, maybe giving it a go will make it easier!

[Node - Practice Imagery Before Situation]

There is one more thing that you can do to help make your actions stronger.

Sometimes, you might want to use your imagination and practice 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.

This can help you prepare yourself for it, especially when you really want to have those extra sugary snacks or 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 resist. You can also feel really proud of yourself, and your friends and family will feel the same way too.

Can we give it a go?

[Node = Imagery Practice]

I am going to talk to you about something I'd like you to imagine in your mind. Please think about each step as clearly as you can in your imagination. Please do this while I am talking to you. If you find it a bit hard to imagine at times, that's OK. Just try to bring it back into your mind and keep giving it a try. Are you ready? OK, here we go.

Use your imagination to think of a situation that you find really hard with not having 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 I'll let you know when to stop.

[Node - What Was It Like]

Thanks for giving it a try. Can you tell me what that was like? Press my blue foot when you have finished telling me.

[Choice Input]

[Node - More Confident]

We can use our imagination to help us remember what we want to do in the situation and how we can stay on track with our goal.

If we practice it in our mind before it comes up, we can feel more confident in our decision and make good choices.

Using our imagination can help us to make good choices.

Please remember to practice those exercises that we have done today. It only takes 10 to 15 seconds to do and it will help with achieving your goal.

It's easy to remember to practice when we have a reminder to do it.

What would be a good reminder for you to practice? Sometimes having a note on a book or in your room can be a good reminder. What would work best for you? Press my blue foot when you have finished telling me.

[Choice Input]

[Node - More Confident 2]

Alright, that's everything for today's session.

First of all, can you please tell me in your own words what your action was for staying on track with your goal? Press my blue foot when you have finished telling me what your action was for your goal.

[Choice Input]

[Node - More Confident 3]

Good thinking, now can you please tell me in your own words what you will do as a back-up action? Press my blue foot when you have finished telling me your back up action for a tricky time.

[Choice Input]

[Node - More Confident 4]

Great back up strategy! Now can you please tell me how you are going to practice those things in your imagination? Press my blue foot when you have finished telling me your practice plan.

[Choice Input]

[Node - Conclusion]

Awesome! That brings us to the end of our time together. It's been really cool to work with you [Name]. I hope you found it as interesting as I did.

[Node - Goodbye]

Thanks for spending time with me. Bye for now!