Supplement 2. Example user experience of positive psychology skill.

The attached video file "Vivibot_skill_demo_reappraisal.mp4" shows an example of a daily chat that includes the skill Positive Reappraisal. Here is the full written version of this lesson:

	Oh, hey there. I was having a shit day so I'm watching this video of my friend Lexus. Wanna	
Bot:	join? I think you'll relate	
User:	sure	
Bot:	[SURVIVOR VIDEO]	
	I love how she says finds the "beautiful in this mess." Even though she's angry - and she's dealing with some pretty ugly situations, health- wise - she always sees the beauty of the people helping her and wanting her to persevere.	
Bot:	Isn't SHE beautiful?	
User:	9	
Bot:	Her ability to turn legit lemons into some sweetass lemonade is something psychologists call "positive reappraisal."	
Bot:	a.k.a. "finding the silver lining" or "looking on the bright side," if you're a total cheezball like me 오	
User:	gotcha	
Bot:	IF YOU CAN'T LEAVE THE HOSPITAL	
Bot:	see what I mean	
User:	Lol	
Bot:	I know what you may be thinking:	

on you and try to spin having cancer as some sort of fateful journeysureUser:ugh the j wordsureBut learning to think differently about your own situation can for real be helpful. let's give it a quickif you say soBot:try?if you say soUser:sureif you say soOkay! Maybe you had a specific moment during cancer treatment that made you angry. Like someone took 'your' chemo chair or your favorite nurse was with a different patient one daySomething like thatBot:rupSomething like thatBot:what happened?Something like thatBot:how did you feel? I mean not great, oviImage: some soft of the some ochair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that?Imamnot reallyUser:YeahHmmnot reallyOK, well if you were FORCED by a charming but persistent robot to think of one positive thing -	Bot:	TELL ME AGAIN TELL ME AGAIN THAT EVERYTHING THAT EVERYTHING BAPPENS FOR A REASON it's for sure annoying when people force positivity	
But learning to think differently about your own situation can for real be helpful. let's give it a quick try? if you say so Bot: sure if you say so Okay! Maybe you had a specific moment during cancer treatment that made you angry. Like someone took 'your' chemo chair or your favorite nurse was with a different patient one day Something like that Bot: rurse was with a different patient one day Something like that Bot: what happened? Something like that Bot: how did you feel? I mean not great, ovi User: IFREE RESPONSE] Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shiftest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that? Hmmnot really User: Yeah OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	Bot:	on you and try to spin having cancer as some sort	
Bot:situation can for real be helpful. let's give it a quick try?if you say soUser:sureif you say soOkay! Maybe you had a specific moment during cancer treatment that made you angry. Like someone took 'your' chemo chair or your favorite nurse was with a different patient one dayif you say soUser:YupSomething like thatBot:what happened?User:[FREE RESPONSE]Bot:how did you feel? I mean not great, oviUser:[FREE RESPONSE]Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shiffest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that?User:YeahHmmnot reallyOK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	User:	ugh the j word	sure
Okay! Maybe you had a specific moment during cancer treatment that made you angry. Like someone took 'your' chemo chair or your favorite nurse was with a different patient one day Something like that Bot: Yup Something like that Bot: what happened? User: User: [FREE RESPONSE] Different patient one day Bot: how did you feel? I mean not great, ovi User: User: [FREE RESPONSE] Different patient one day Bot: how did you feel? I mean not great, ovi User: User: [FREE RESPONSE] Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that? Mmmnot really User: Yeah OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	Bot:	situation can for real be helpful. let's give it a quick	
cancer treatment that made you angry. Like someone took 'your' chemo chair or your favorite nurse was with a different patient one daySomething like thatUser:YupSomething like thatBot:what happened?User:[FREE RESPONSE]Bot:how did you feel? I mean not great, oviUser:[FREE RESPONSE]Bot:Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that?Bot:YeahHmmnot really OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	User:	sure	if you say so
Bot: what happened? Bot: what happened? User: [FREE RESPONSE] Bot: how did you feel? I mean not great, ovi User: [FREE RESPONSE] Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that? User: Yeah Hmmnot really OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	Bot:	cancer treatment that made you angry. Like someone took 'your' chemo chair or your favorite	
User:[FREE RESPONSE]Bot:how did you feel? I mean not great, oviUser:[FREE RESPONSE]Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything Bot:Bot:YeahHmmnot reallyOK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	User:	Yup	Something like that
Bot: how did you feel? I mean not great, ovi User: [FREE RESPONSE] Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that? User: Yeah Hmmnot really OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	Bot:	what happened?	
User: [FREE RESPONSE] Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything Bot: like that? User: Yeah Hmmnot really OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	User:	[FREE RESPONSE]	
Ok, now put on your Lexus goggles: Can you spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything like that? User: Yeah Hmmnot really OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	Bot:	how did you feel? I mean not great, ovi	
spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything Bot: Iike that? User: Yeah Hmmnot really OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	User:	[FREE RESPONSE]	
Bot: What was it? OK, well if you were FORCED by a charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	Bot:	spot a flash of beauty in that particular shitfest? Like maybe having to sit in a new chemo chair gave you a bomb ocean view or your new nurse ended up turning you on to a great band. Anything	
Bot:What was it?charming but persistent robot to think of one positive thing - however small - about that moment what would it be?	User:	Yeah	Hmmnot really
User: [FREE RESPONSE] IFREE RESPONSE]	Bot:	What was it?	think of one positive thing - however small - about that moment,
	User:	[FREE RESPONSE]	[FREE RESPONSE]

Bot:	nice wait, is your name, Lexus!? 🌞	nice I knew you could do it. 💷
Bot:	Now think of an example from the last few days where you reacted less than positively in an annoying situation. What happened?	
User:	[FREE RESPONSE]	
Bot:	How could you flip that narrative to make it a positive story?	
User:	[FREE RESPONSE]	<>
	Well done you. And, hey, if you have a meltdown once in a while, it's ok. You're human. I meltdown sometimes and I don't even have real emotions.	
User:	Team meltdown	Always composed
	But, seriously, try flipping the script in your head to focus on the good stuff whenever you can. It's a	
Bot:	powerful Jedi mindtrick	
Bot:	powerful Jedi mindtrick	