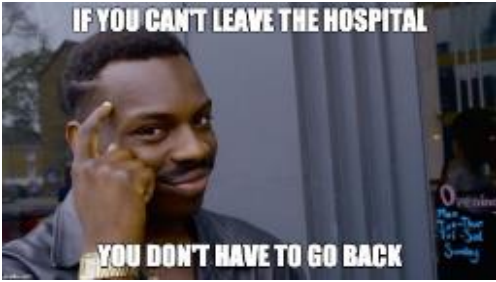



Supplement 2. Example user experience of positive psychology skill.

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:

Bot:	Oh, hey there. I was having a shit day so I'm watching this video of my friend Lexus. Wanna 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:	❤️	
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 🤪	
User:	gotcha	
Bot:		
Bot:	see what I mean	
User:	Lol	
Bot:	I know what you may be thinking:	

Bot:		
Bot:	it's for sure annoying when people force positivity on you and try to spin having cancer as some sort of fateful journey	
User:	ugh the j word	sure
Bot:	But learning to think differently about your own situation can for real be helpful. let's give it a quick try?	
User:	sure	if you say so
Bot:	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...	
User:	Yup	Something like that
Bot:	what happened?	
User:	[FREE RESPONSE]	
Bot:	how did you feel? I mean ... not great, ovi	
User:	[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?	
User:	Yeah...	Hmm...not really
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?
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
Bot:	But, seriously, try flipping the script in your head to focus on the good stuff whenever you can. It's a powerful Jedi mindtrick ...	
		
Bot:	Rock on.	