

Companion Guide for Exploring Woebot for Adults



To optimize your experience in Woebot for Adults, we recommend you adopt the persona of a “typical” user. The instructions below outline how you might explore Woebot for Adults as “Andre”, who is dealing with a lot of **stress** at work and home and is seeking emotional support.

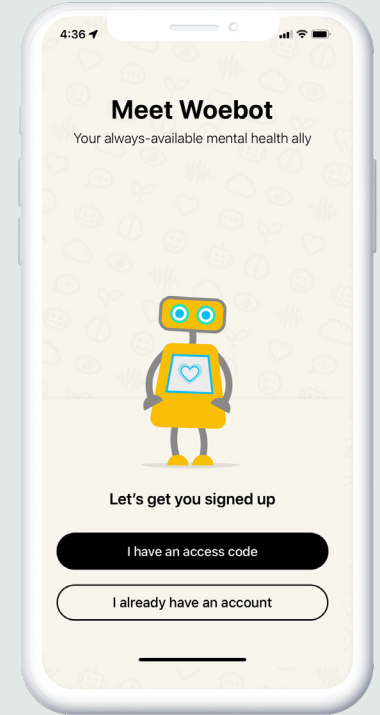
Step 1: Download & Onboard

- You will receive an access code to test Woebot; enter the access code and your email address
- Move through the onboarding screens, and share your name with Woebot

Note: If you’ve used Woebot in the past, you’ll need to use a different email address for testing access

Step 2: Chat with Woebot & Try Some Tools

- On your first day, Woebot will start the conversation by sharing a bit about itself, and then ask you how you’re feeling
- Woebot checks in about your mood regularly to assess what kind of conversation will benefit you the most from moment to moment



💡 Conversation Tips	Why It Matters
<p>For your first check in as Andre, tell Woebot that you’re feeling overwhelmed. Describe any work related issue, like: <i>“I’ll never finish this project on time.”</i> Woebot will confirm its understanding. When asked if you’d like to work on the problem, tap <i>Feel calmer</i> first and watch the video Woebot shares.</p>	<p>Stress management can be approached in many different ways, including by addressing the body’s physiological response. Woebot guides you to use these strategies in the very moments you need it most.</p>
<p>At your next check in, tell Woebot that you’re feeling anxious. When asked, describe an issue with work, like: <i>“I’m so nervous about this meeting on Thursday.”</i> Accept Woebot’s invitation to work on the problem and then try turning down the volume on your anxious thoughts.</p>	<p>It’s essential that Woebot offers tools with an invitation; they are always available but never pushed. Here, Woebot asks the user to try a powerful tool based on elements of CBT for working through distorted thinking.</p>
<p>As you progress through this tool, try writing thoughts that Andre, a person who’s highly stressed at work, might have:</p> <ul style="list-style-type: none"> • <i>I’m going to get fired</i> • <i>I’m a total failure and everyone here knows it</i> • <i>I should have never accepted this job</i> 	<p>Woebot is an ally in helping you label distorted thought patterns. Finding distortions together with Woebot’s guidance helps set you up for success in the whole process of noticing, labeling and rewriting the thought, all in a judgment-free and collaborative space.</p>
<p>After finishing the tool, tap the <i>Topics</i> button at the top left of the screen to explore the list of mental health skills and psychological subjects Woebot can share. We recommend starting with:</p> <ul style="list-style-type: none"> • <i>Start a positive loop</i> • <i>Your emotions: Part 1</i> • <i>Smile to feel better</i> 	<p>These conversations with Woebot teach important concepts about the relationship between our thoughts, feelings and actions. Understanding this cycle helps pave the path forward to move from negative to more helpful, accurate, and positive loops.</p>

We’ve learned from thousands of users chatting with Woebot, researching and testing different approaches for every line of conversation, to build a product that’s effective and engaging.

Throughout your conversations with Woebot, keep an eye out for moments when you’re *praised for your efforts*.

Of course Woebot wants you to feel better as a result of your work together, but it was also designed to acknowledge and celebrate you showing up and putting effort into these conversations.

This fosters motivation and growth-mindset to reinforce progress, not perfection.

Woebot for Adults is not evaluated, cleared, or approved by FDA. It may be considered as an adjunct to clinical care, it does not replace clinical care.