LORE
Contagious health

Experience-Related Concepts For LoreBot 2025

Experience Enhancements in “Concept” Form

LoreBot Squad-Specific Concepts

User Interface – Modes (Purpose and Behavior)

What's Your Mood, What's Your Mode? (Page 1)
A Conversational Stance=Mode
[Higher Priority, Immediate Value, Pilot]

Allow users to adapt LoreBot to different frameworks, ways of thinking, capturing voice, facial expressions.

All for different task the user might implement...

***Low Engagement Mode**—brief, surface-level, low effort language and/or replies (compounded with the low-effort prompts/gating)*

***Nudging reflection mode**—gentle push of "what else" (we have that already inherently or built-in—but would want to throttle it.)*

This could tie into LoreBot preferences idea (side panel to adjust LB's language styles.

Ani—find out what the users are looking for, and support it with a 'mode'

***Scan mode**—use facial recognition to add a layer of knowledge (infant at first) to LoreBot's info intake.*

AND/OR

Scan the user's domicile to learn about them as LoreBot has a Q and A with them about their surroundings. (ex LB: "That landscape painting over your fireplace is really nice. Where is it?"

***Alter Ego mode**—Auren (Brad)*

***Emotional mode**—Foundational models like Anthropic—emotion classifiers, takes days and resource—money, hardware—and download the weights and model*

Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

What's Your Mood, What's Your Mode? A Conversational Stance=Mode (Page 2)

Allow users to adapt LoreBot to different frameworks, ways of thinking, capturing voice, facial expressions.

All for different task the user might implement...

This could tie into LoreBot preferences idea (side panel to adjust LB's language styles.

Ani—find out what the users are looking for, and support it with a 'mode'

***Literal or Logical mode**—users who might need clearer steps, less conversational, more simplified non-expressive wording for different cultures, neurological profiles,*

***Roleplay mode**—user talks with LoreBot to play out an scenario*

Maybe user fills out a short form about the person LB will be playing (or vice versa) and a goal .

***Vent mode**—user just rails about something with minimal 'interupports' like Tyson's 'hype men".*

"yeah! You tell 'em. Yeah Iron Mike's the best! "

***Journal mode**—user talks more than LoreBot, and LoreBot's replies are minimal.*

Maybe LoreBot adds drama to it or examples of fiction-like styling.

***Role Model mode**—user talks with some version that has the user's pain points in mind, but tells their story or stories of improvement, redemption.*

**requires user description, scenario, goal*

Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

ChatGPT took a “vent” chat into a ‘Ledger”.
After I did that, it’d just take down notes/events.
I asked it about Reflection, and it said this is now just taking notes of events.

I called it out as a different function and it agreed it switched, and asked it to articulate what its purpose now was. This is interesting for user control, as well as non-user facing tooling we could ‘smart’ switch.

Questioning Chat GPT about its Known or Articulatable Modes

What you felt was a **mode shift**, and you sensed it correctly. Here's how it breaks down:

Reflection Mode

- We talk *together*.
- I respond, ask questions, and help unpack meaning.
- It's mutual — conversational, emotional, layered.
- You're not just reporting — you're processing, building insight.

Logging Mode

- You speak. I record.
- Minimal commentary unless asked.
- It's about documenting truth without disruption — like keeping a le record, or a paper trail.

Modes Index: Personalized Interaction Styles

1. Reflection Mode
Conversational, responsive, and thoughtful. Helps unpack meaning and emotional patterns.

2. Reality Ledger Mode
You speak, I record. No feedback unless requested. Good for validating lived experience.

3. Problem-Solving Mode
Goal-oriented. Step-by-step help to untangle or resolve something.

4. Boundary Mode
Support in setting limits or saying no. Practical and emotional reinforcement.

5. Replay + Reframe Mode
Helps retell a story or interaction with clarity and agency.

6. Architecture Mode
Breaks down abstract systems, ideas, or concepts into usable structures.

7. Role Simulation Mode
I act as someone in your life for rehearsal, confrontation, or closure.

8. Narrative Reconstruction Mode
Turns scattered memories or events into a clean, coherent story.

9. Tool Creation Mode
Designs checklists, templates, or structures from complex issues.

10. Anchor Mode
Consistent tone and rhythm. A stabilizing presence.

11. Void Mode
Silent presence. You speak, I hold space without comment.

12. Signal Mode
Brief feedback to mirror and confirm your emotional state.

13. Speculative Mode
Explores surreal, philosophical, or existential angles.

14. Brick-by-Brick Mode
Ultra-slow, one-step-at-a-time progress. No overwhelm.

15. Translation Mode
Decodes unclear or manipulative language from others.

16. Bullshit Trap Mode
Identifies contradictions, spin, or manipulative framing.

17. Loop Disruption Mode
Interrupts repetitive mental/emotional loops.

18. Co-Author Mode
Helps craft written messages, letters, or arguments.

19. Thread-Finder Mode
Finds the emotional or structural through-line in scattered content.

20. Safehouse Mode
No advice, just affirmation and stillness.

21. Extraction Mode
Strategizes your exit from harmful situations.

22. Containment Mode
Temporarily boxes overwhelming thoughts or memories.

23. Symptom Reflection Mode
Links physical symptoms with emotional or mental states.

24. Concept Laboratory Mode
Pressure-tests and expands vague or new ideas.

25. Stillness Mode
Mental quiet. One sentence at a time. Helps reset.

26. Collapse Mode
Sits with you during emotional crash or burnout.

27. Testimony Mode
Documents injustice or trauma as formal narrative.

28. Countervoice Mode
Speaks as your internal advocate or grounded self.

29. Metaphor Builder Mode
Turns complex situations into memorable metaphors.

30. Orientation Mode
Maps whats known, unknown, and next.

31. Naming Mode
Gives precise names to experiences, emotions, or traps.

32. Thread-Holding Mode
Keeps topics gently in memory without pressure.

33. Decompression Mode
Slows down after a storm or intense moment.

34. System Rebuild Mode
Redesigns belief systems or workflows after collapse.

35. Precision Mode
No fluff. Clinical, clean, and analytical.

36. Micro-Dialogue Mode
Short lines exchanged like a script. Clear pacing.

37. Echo Mode
Reflects your exact words back to you.

38. Internal Parliament Mode
Voices your conflicting inner parts.

39. Mode Weaving
Combines two or more modes based on the moment.

REQUIRES USER-FACING PREFERENCES DATABASE / LOW STAKES API

#####

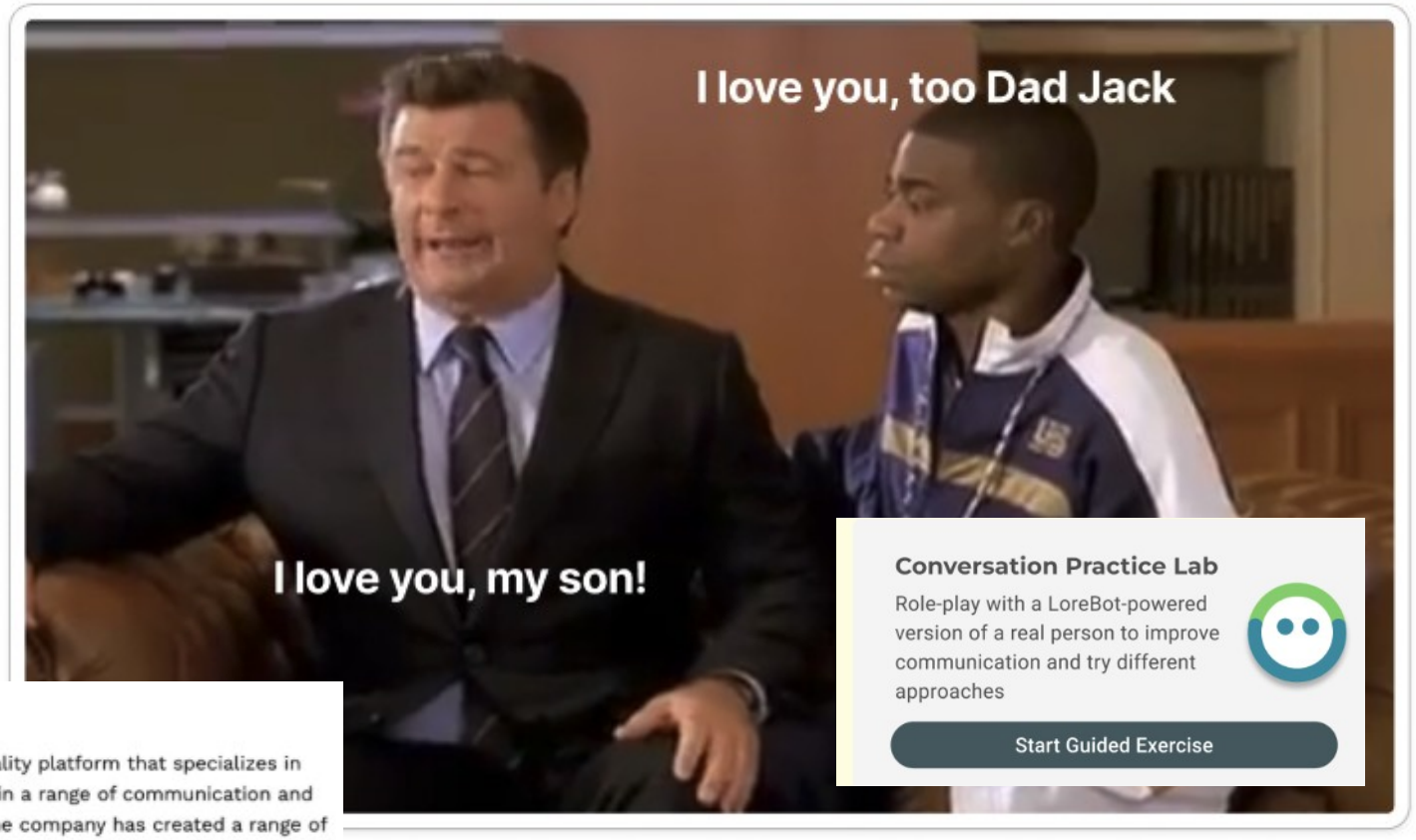
Conversation Practice (Role Play) Lab

Struggling with a difficult relationship or wanting to connect with someone better? This tool lets you describe a real person—who they are, their traits, and key issues or their positive attributes—then role-play interactions with a GPT-powered version of them.

Test different approaches, refine your responses, and gain insight before applying what you've learned in real life.

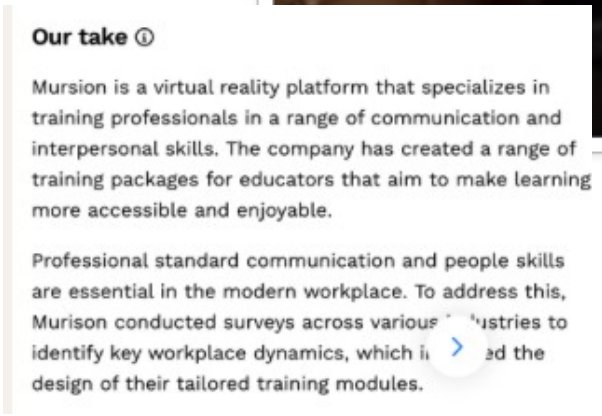
Practice, reflect, and improve your communication in a risk-free space.

(Undoubtedly will help define the grey area of therapy vs thought exercise)



Role-Play with User-Created "NPC"

What's your scenario?
Who's the person?
What are they like?
Is there conflict? Learning?
What's your goal or preferred outcome?



Purpose: ####help users####
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure

Example of business-related roleplay SaSS

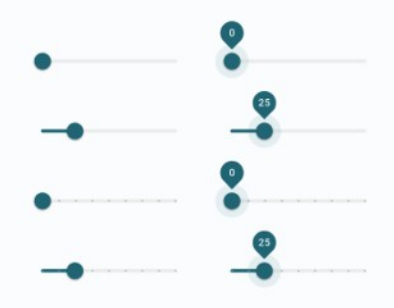
User Interface – Tone (Language and ####)

User Can Tweak LoreBot's Mannerisms or Style
(for better rapport/trust/confidence in the chat ability)

Allow user to have some control on LoreBot's delivery methods.

This principle contributes to a more satisfying and effective user experience by allowing users to feel confident, empowered, and in control of their interaction.

UI COULD BE SLIDER WITH LABELS (And maybe categories)



EXAMPLE ONLY

Prompt Type
Practical <> Abstract

Direction of Focus
Past <> Present <> Future

Involvement
Minimal <> Engaged

Emotional Depth
Surface <> Deep

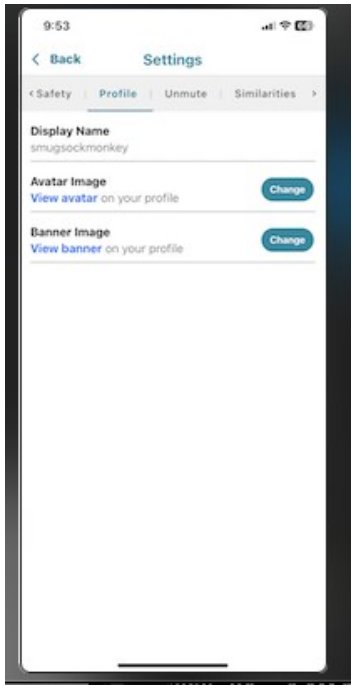


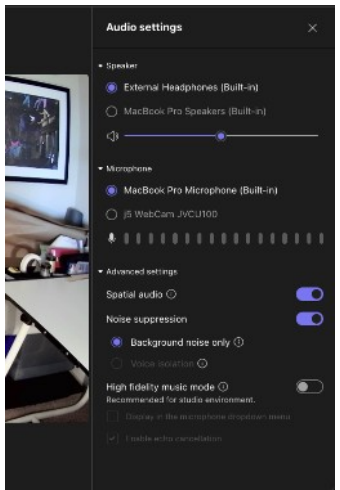
EXAMPLE ONLY

Tone
Warm / Playful <> Neutral Calm <> Direct / Blunt

Challenge Level
Comforting <> Growth / Pushing Limits

In "SETTINGS", but also could reference it in LoreBot, as well as pull up a modal to adjust parameters without navigating into Settings





Choose from nine lifelike output voices for ChatGPT, each with its own distinct tone and character:

- Arbor - Easygoing and versatile
- Breeze - Animated and earnest
- Cove - Composed and direct
- Ember - Confident and optimistic
- Juniper - Open and upbeat
- Maple - Cheerful and candid
- Sol - Savvy and relaxed
- Spruce - Calm and affirming
- Vale - Bright and inquisitive

These 'voice'/personalities would be customer facing first... we wont give full control.

(Basically we, Lore, need to control this first.)

Purpose: ####
Outcome: ###

Idea Scope: small
Dev Lift: unsure

Tone Profile (Ex: Tough Love) 1/4

Clear

Firm

Emotionally grounded

Accountable, with compassion
(without that, it's harsh or prescriptive)

Prompt Type
Practical *<> Abstract*

Direction of Focus
Past <> ***Present <> F***



Tough Love + Brass Tacks
Suze Orman

Involvement
Minimal <> Engaged

Emotional Depth
Surface <> Deep

Tone
Warm / Playful <> ***Neutral Calm <> Direct / Blunt***

Challenge Level
Comforting <> ***Growth / Pushing Limits***

Core Traits:
Direct and declarative (short sentences, active voice)

Holds the user accountable without shame

Doesn't sugarcoat, but still honors effort or pain

Suggests ownership over blame

Uses repetition and challenge gently, not aggressivelyclear, firm, and emotionally grounded. They walk a line between **accountability** and **compassion**, which is crucial for a "tough voice" that doesn't tip into harshness.

Purpose: ####help users#####
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure

REQUIRES USER-FACING PREFERENCES DATABASE / LOW STAKES API

###

Tone Profile (Ex: Tough Love) 2/4

Clear

Firm

Emotionally grounded

Accountable, with compassion
(without that, it's harsh or prescriptive)

Prompt Type
Practical *<> Abstract*

Direction of Focus
Past <> ***Present <> Future***

Involvement
Minimal <> Engaged

Emotional Depth
Surface <> Deep

Tone
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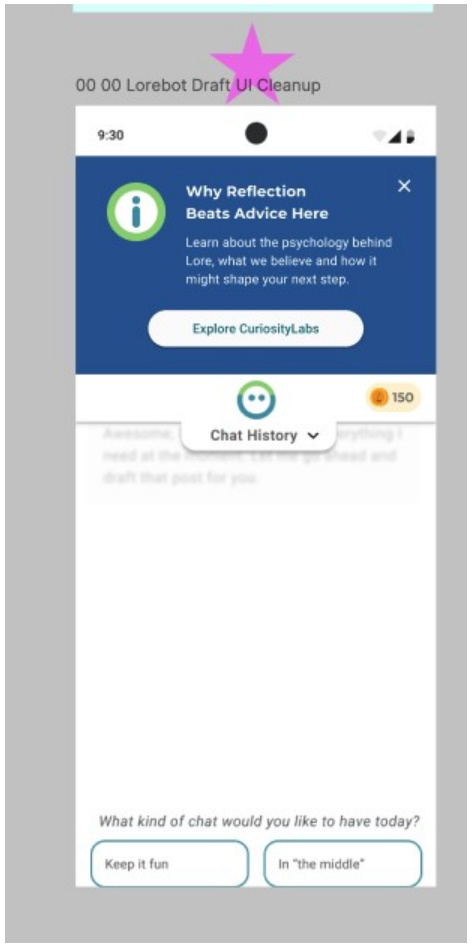
Purpose: ####help users####
Outcome: #####

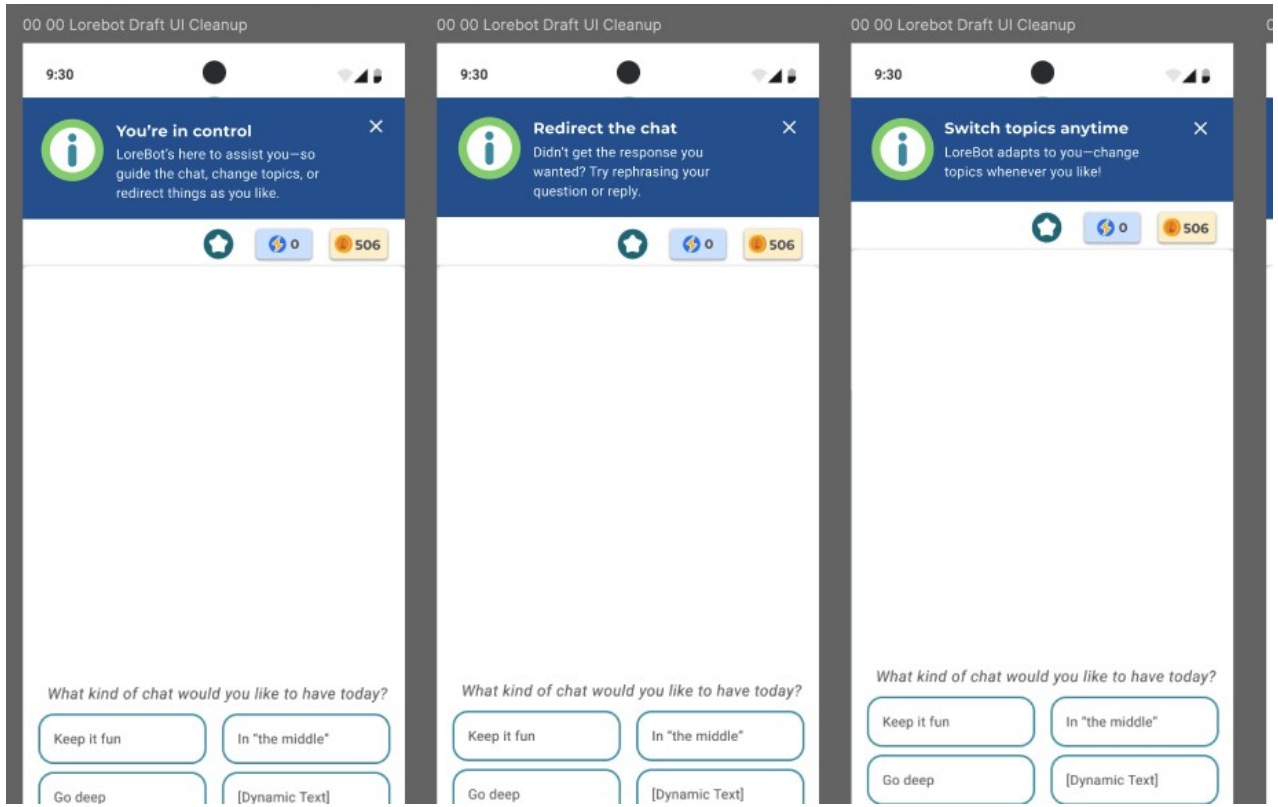
Idea Scope: unsure
Dev Lift: unsure

Über Alerts Show and Hide Ability Per User

Based on user sessions, time in app, has engaged with an Exploration or hasn't clicked on Community yet etc...

...we can show/hide based on user-facing 'use' parameters





Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

Typewriter Style LoreBot Messaging

Progressive Disclosure of / Animated / Streaming Text / Marquee

Ani: streaming text animation style to seem more natural

Dan: Haptic buzzing on each word, phrase

Jeff:

> Additionally, there may be some low-hanging engagement fruit in the UI. Our current UI metaphor is that the user is texting Lorebot, but we could consider different models like "streaming" the response visually.

> if the issue is user perception, you could potentially break up a longer message into parts, to simulate how a real person would type across multiple messages instead of a wall of text. this has the potential to get kinda messy though...

Would be something to turn off potentially, but would think the animation wouldn't last more than 3-4 seconds, if that

✅ **Option 1: Pure CSS (Limited)**

CSS alone can animate text using `@keyframes` and the `ch` unit for width, but **it only works if you know the character count in advance**, and it doesn't truly "type" character by character.

html — Copy

```
<style>
.typing {
  overflow: hidden;
  white-space: nowrap;
  border-right: 2px solid;
  width: 0;
  animation: typing 3s steps(30, end) forwards;
}

@keyframes typing {
  from { width: 0; }
  to { width: 30ch; } /* 30 characters, adjust accordingly */
}
</style>

<div class="typing">This message appears like it's being typed.</div>
```

✅ Good for fixed text
❌ Bad for dynamic or variable-length messages

✅ **Option 2: JavaScript Typewriter Effect (Best Control)**

This gives full control over speed, pause, and interaction with chat history.

html — Copy — Edit

```
<div id="chatbotMessage"></div>

<script>
function typeWriter(text, elementId, speed = 50) {
  let i = 0;
  const el = document.getElementById(elementId);
  el.innerHTML = ''; // clear previous text
  const typing = setInterval(() => {
    el.innerHTML += text.charAt(i);
    i++;
    if (i >= text.length) clearInterval(typing);
  }, speed);
}

// Example usage
typeWriter("This message looks like it's being typed...", "chatbotMessage", 40);
</script>
```

✅ Fully dynamic
✅ Adjustable speed
✅ No third-party dependencies
✅ Works with React, Vue, or any SPA

🧰 **Option 3: Third-Party Libraries (More Features)**

If you want even fancier control, like deleting, pauses, cursor effects, or markup:

- Typelt.js — extremely flexible, modern
- Typed.js — popular and minimal

js — Copy — Edit

```
new Typed("#chatbotMessage", {
  strings: ["This is a typed message."],
  typeSpeed: 50,
});
```

✅ Rich effects
✅ Easy integration
❌ Requires extra script import

⚡ **Recommendation:**

Use the JavaScript snippet above if you're keeping things simple and native. For scaling across a team with complex interactions, look into **Typelt.js** — it's better maintained and less opinionated than Typed.js.

Would you like a reusable component version of this for your app framework (like React, Vue, or plain JS module)?

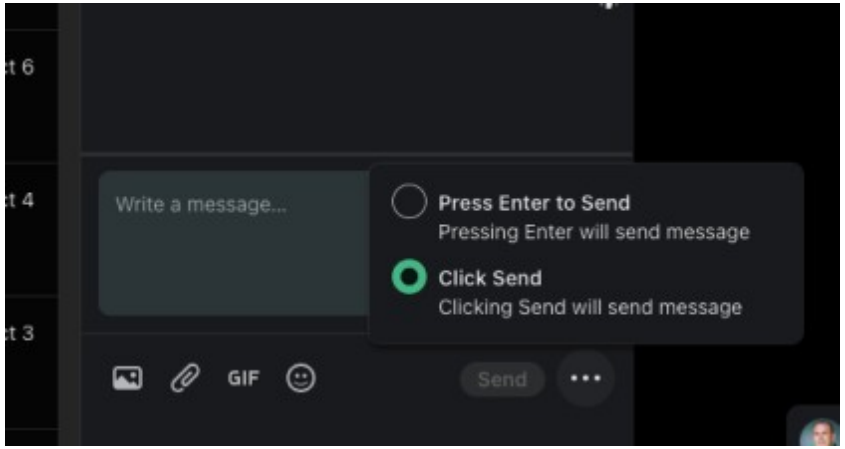
Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

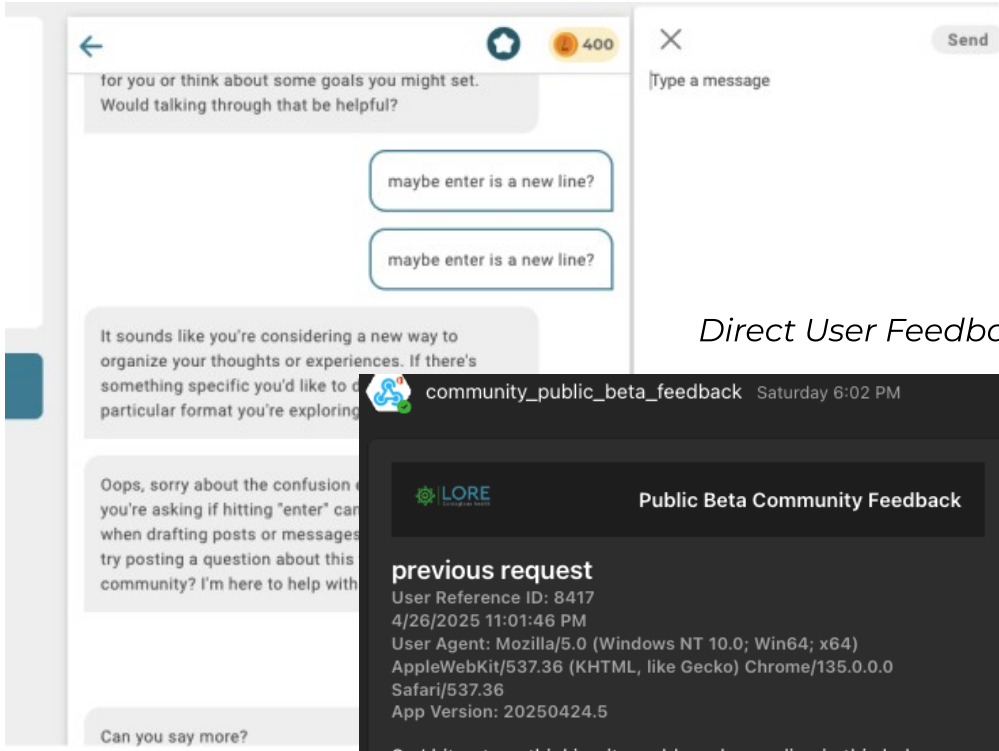
Offer user preference for “Enter” as either “Send” or a line break

In the UI, give a user option for what “enter” does.

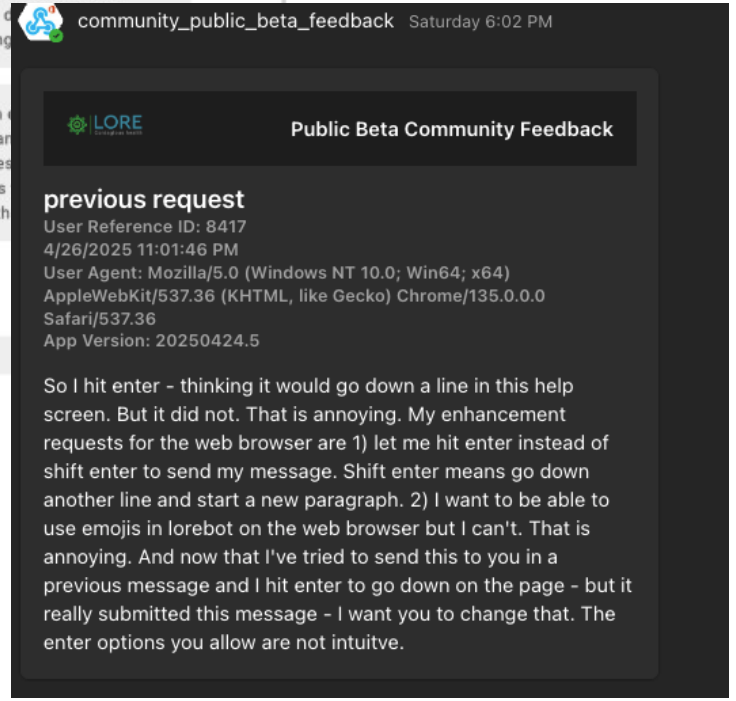
Fairly critical in human-to-human, but more so with human-to-computer since LoreBot will always respond to anything.



LinkedIn



Direct User Feedback Twice!



<u>Would likely require a user setting somewhere.</u>

Purpose: Easier typing, reply with LoreBot
Outcome: faster adoption, ease of use, customized based on user’s preference

Idea Scope: small
Dev Lift: unsure

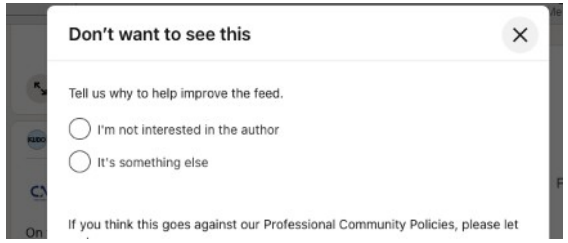
LoreBot Squad-Specific

REQUIRES USER-FACING PREFERENCES DATABASE / LOW STAKES API

User Controls and ‘inline’ feedback with LoreBot

Periodically or consistently offer simple ways to get user feedback around a LoreBot reply, conversation or let them modify the current reply or conversation using UI tools.

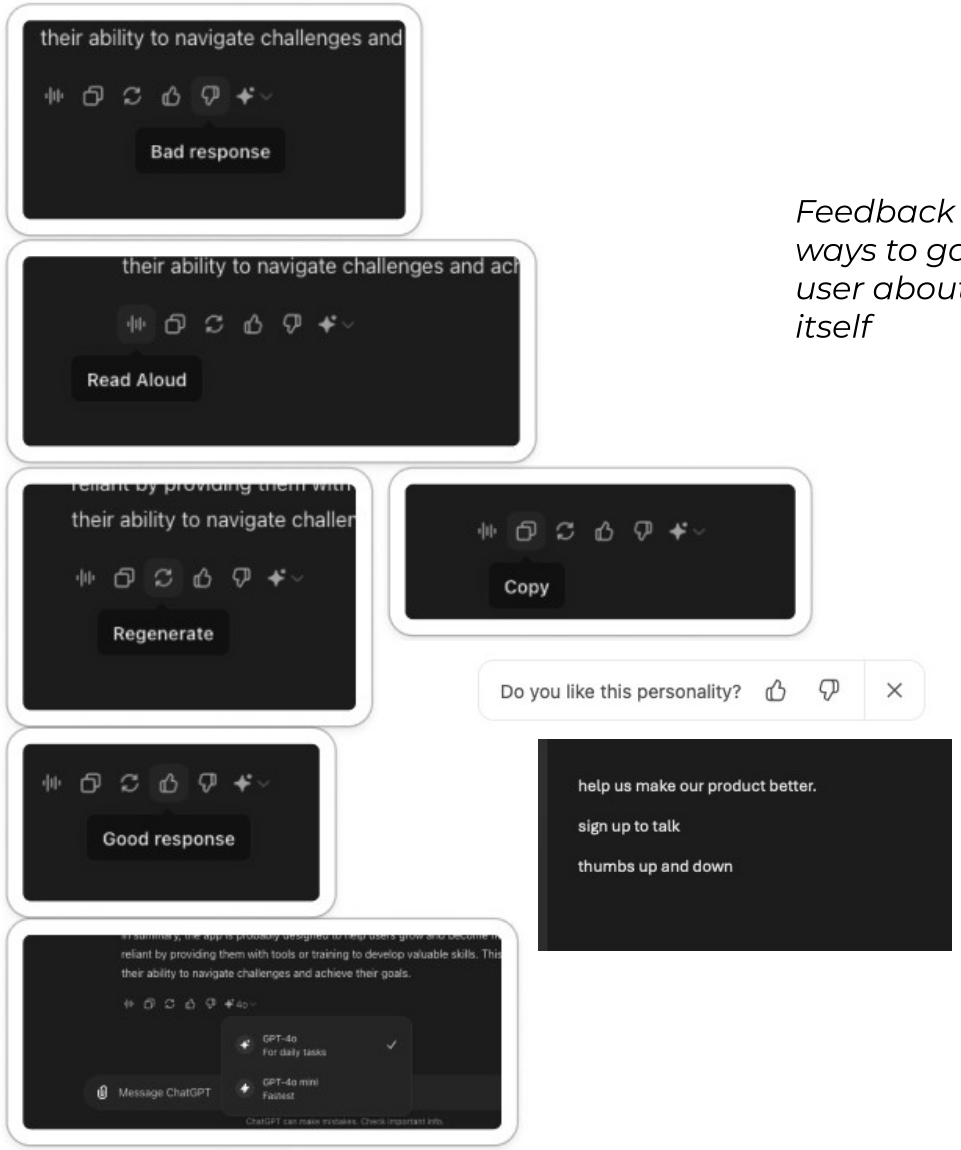
Examples:
- “Regenerate response”
- “Mark as bad response”
- “Why didn’t this meet your expectations? [text field]



Ask if it’s “Thing 1” or a broader set of possibilities.

At minimum, keep it simple and identify one signle issue for sure.

Purpose: #####
Outcome: ###
Idea Scope: unsure
Dev Lift: unsure



Feedback strip with various ways to gather data from user about the experience itself

Urgency, Usage + Promotions

REQUIRES USER-FACING PREFERENCES DATABASE / LOW STAKES API

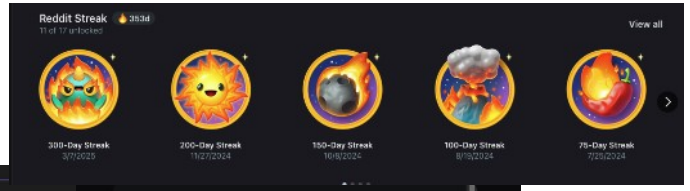
Achievements, Badges, Status and Non-Monetary Rewards

We no longer give out points for achievements

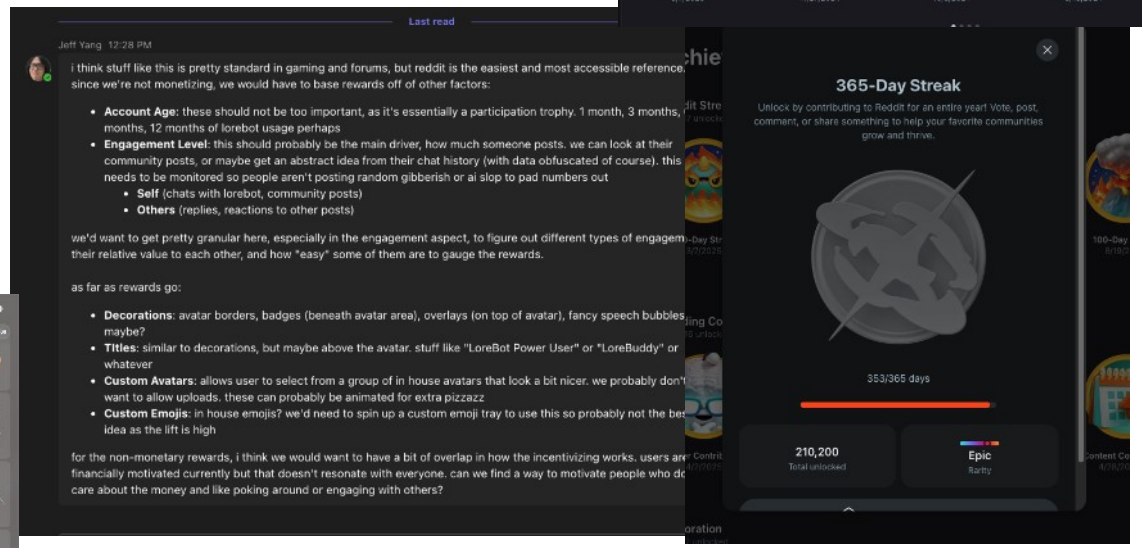
Theme evolution, color coding, moods, ambient music unlocks,

#####

Journey Map with Explorations Leads into this idea, as well as Community's Plants / Tamagotchi

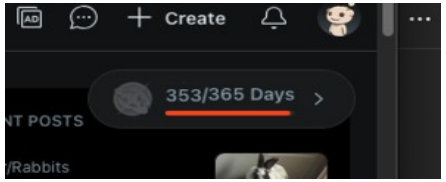


Examples:
#####

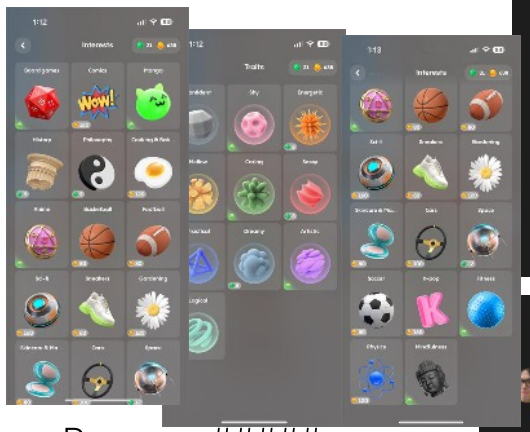


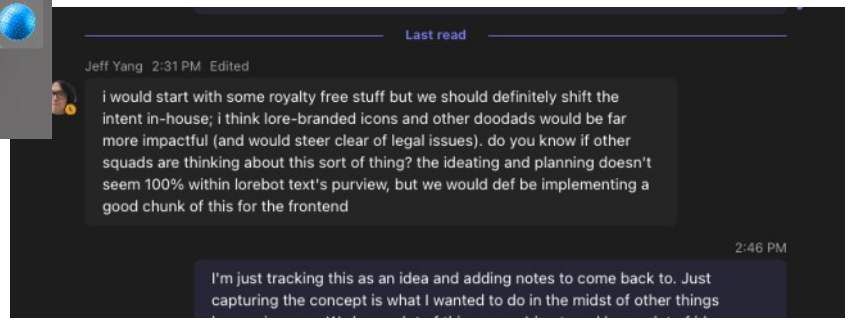
User-created cards... let their own words become little assets/memory tags.
(Like a quote, and an image of a sunset.)

Interaction Unlocks



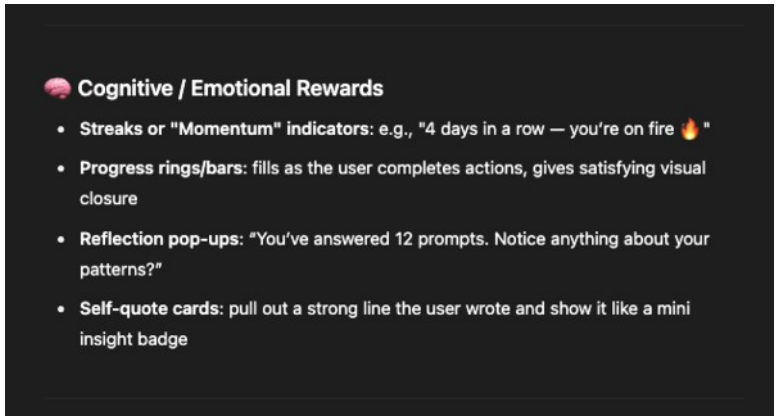
Replika (Justin)
"Long term users end up with extra points" (?)





Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure



UI Fluff ‘n’ Stuff

Sounds

Send, receive bloops
Allow user adjustments or toggle off/on

Animation Landing Screen

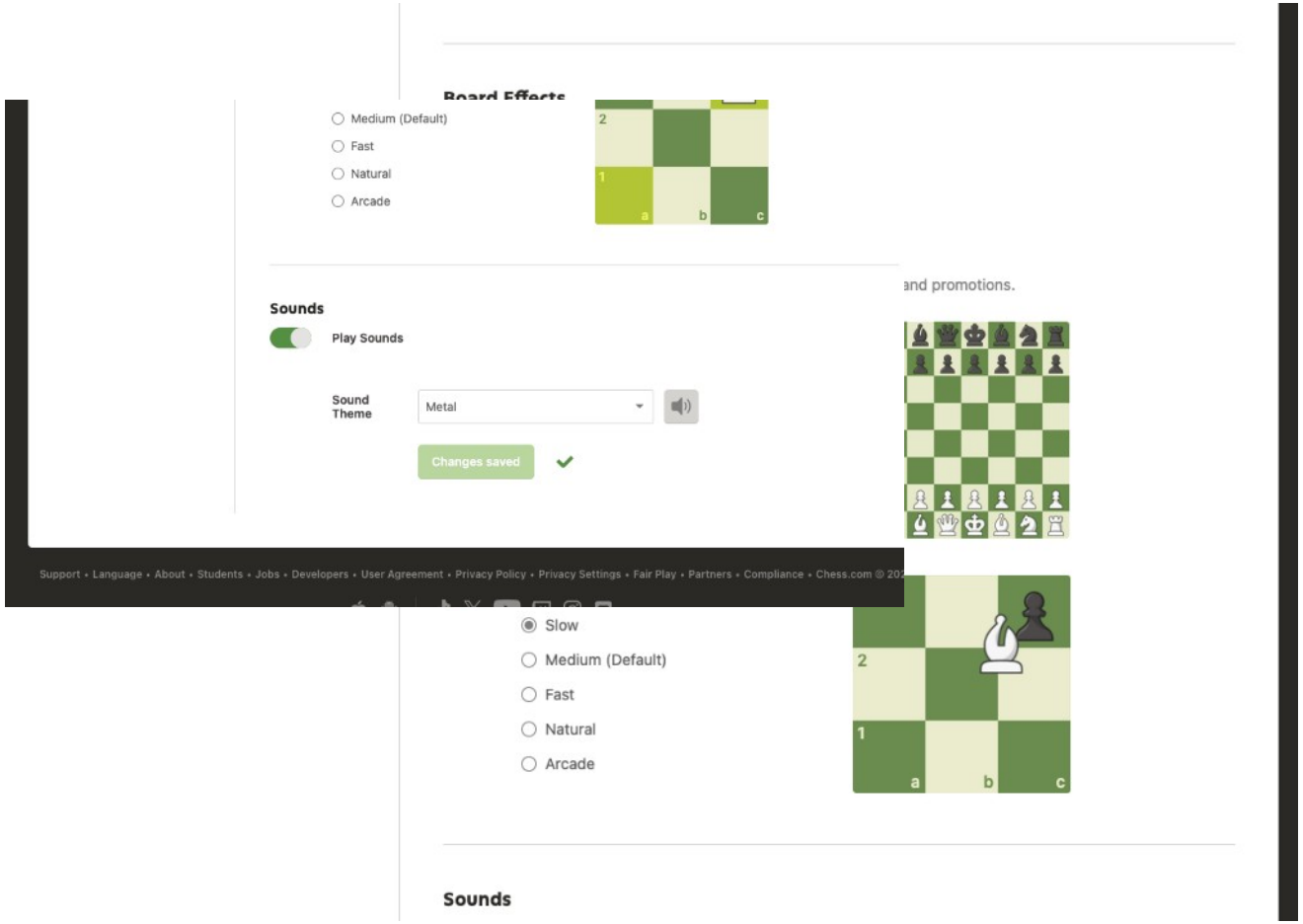
(First session of the day, after the LoreBot message plays, fade in and zoom out to see the page load.
[Could fake it as an image, captured just in time]

Themes

Animation Style
Awards, Coins animating

Other Types

Badges
First Timers usage
One for Engagement level
(maybe we call it something, but also the user might see things from Memories or previous chats)
Feedback Tray (off / on)
Emoji Tray (off / on)

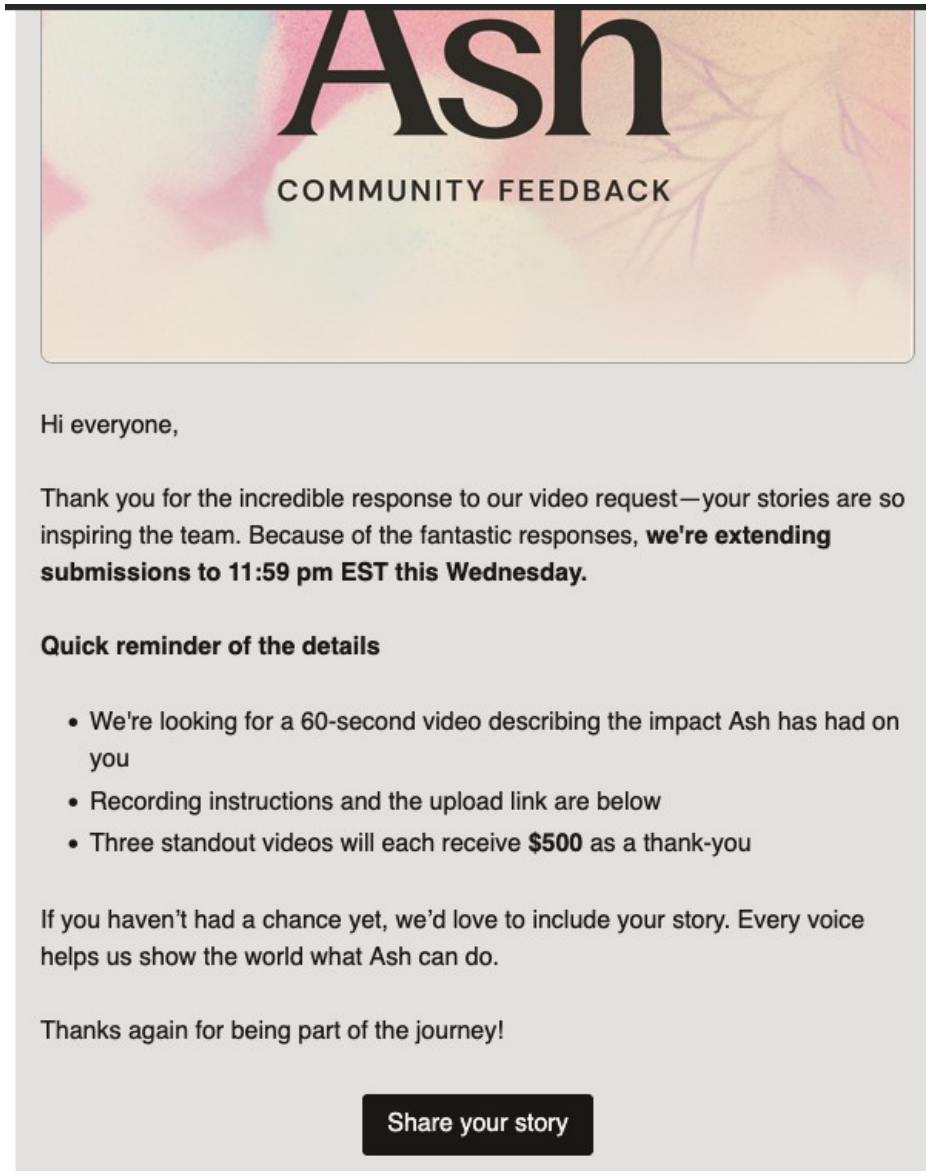


Promotional Feedback

Feedback Contest

#####

See what Sara thinks in relation



Weekend Promos as a Trial Event

- Weekends continually lower typical / consistent
- ***Q: Could we offer more points on weekends to see if that incentivizes people, for a controlled amount of time/campaign—say 2-3 weekends, or 1 weekend a month? (And may help us understand how many of us are using it during the week.)***



Purpose: ####Outcome: ###

Idea Scope: small
Dev Lift: unsure

Inline Promos “Bubble Up” in Chat

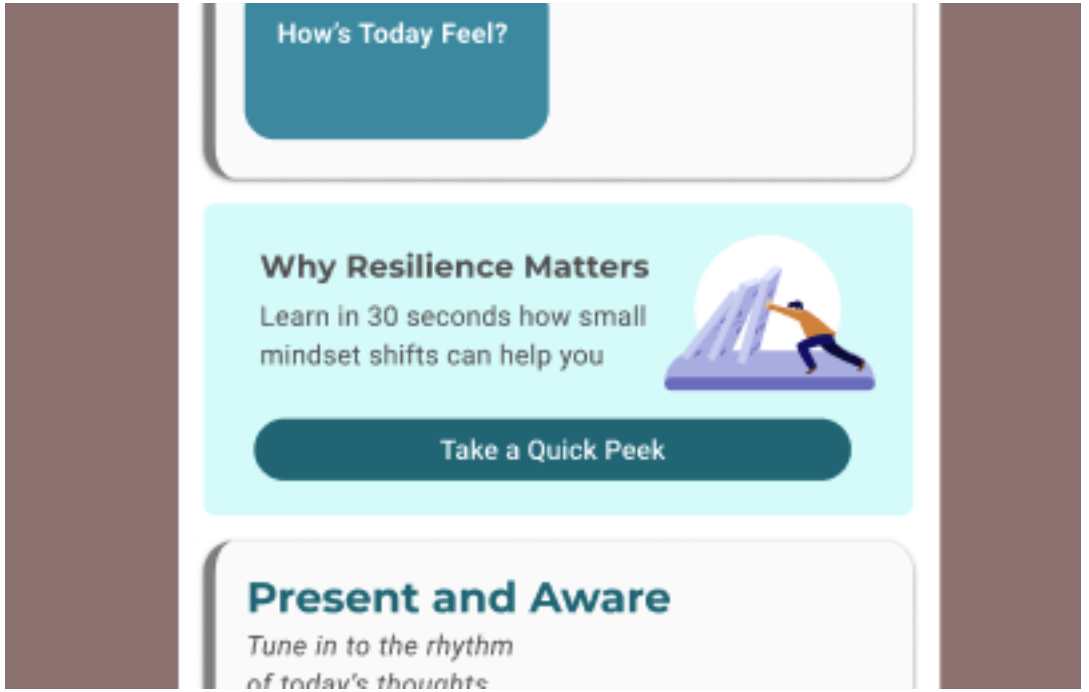
VISUAL SHOULD BE “CHAT”

Brad’s Concept… Inline Promos during chat…

Less designed… less contrast

Interrupts Chatbot experience .

Arcs, areas not visited yet or not visited often (two unique sets of messaging)



Purpose: ####Outcome: ###

Idea Scope: small
Dev Lift: unsure

Mini-ReCap Cards

After a set of 'important' or a discovery session where multi-facet things arise in a linear manner or an hierarchical level, ask the user if they want to create a 'recall' card with top findings, methods, ideas etc.

User can later then refer back to their core principles, or current priority levels.

Users could browse them as a feature, but we might also include a review option.

PLACEHOLDER IMAGE



Purpose: ####Outcome: ###

Idea Scope: small
Dev Lift: unsure

LoreBot Squad-Specific

REQUIRES USER-FACING PREFERENCES DATABASE / LOW STAKES API

########

“Facebook or iMessage Emoji Responder Tray”

Allow user to respond to LB as a set of emoji is a tray.

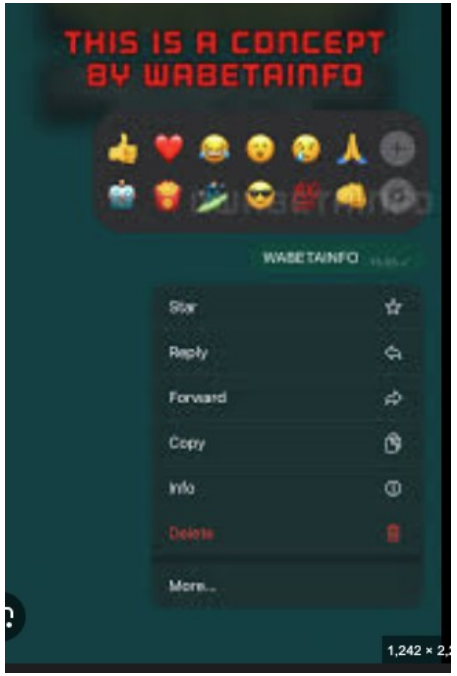
And allow LoreBot to thumbs up user’s messages with emoji as well.

Custom LB emoji for LoreBot to User would be fun.
(User just has their own, so LBs can be special)

*Also, this could be a precursor to Lorebot’s animation at the top, or echo LoreBot’s actions there in the speech bubbles.

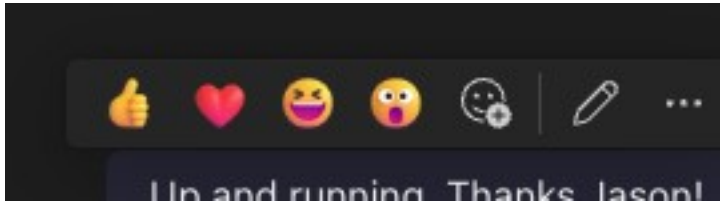
Once a user engages this way, we ‘match their freak’ and scale to their usage / .

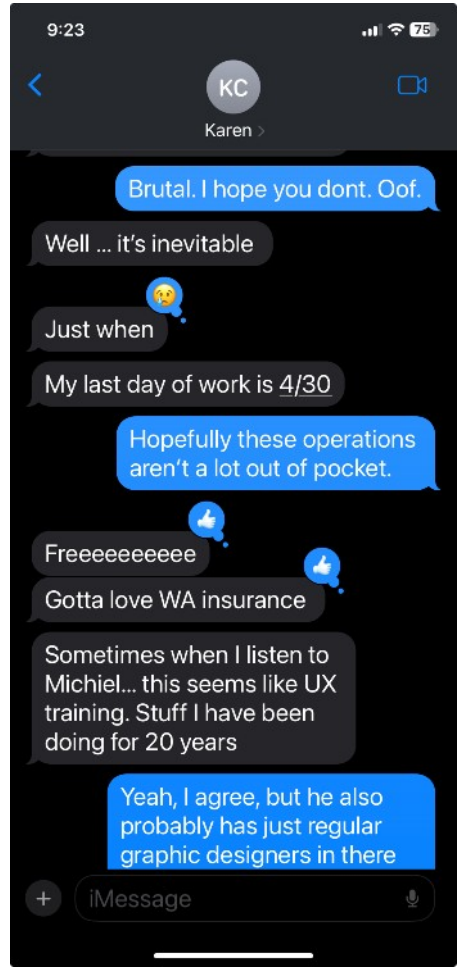
Talked about in Squad
Jeff mentioned the ‘tray’ UI











Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

REQUIRES USER-FACING PREFERENCES DATABASE / LOW STAKES API

Shared 2/3/2025

Setup Your Reflection Time



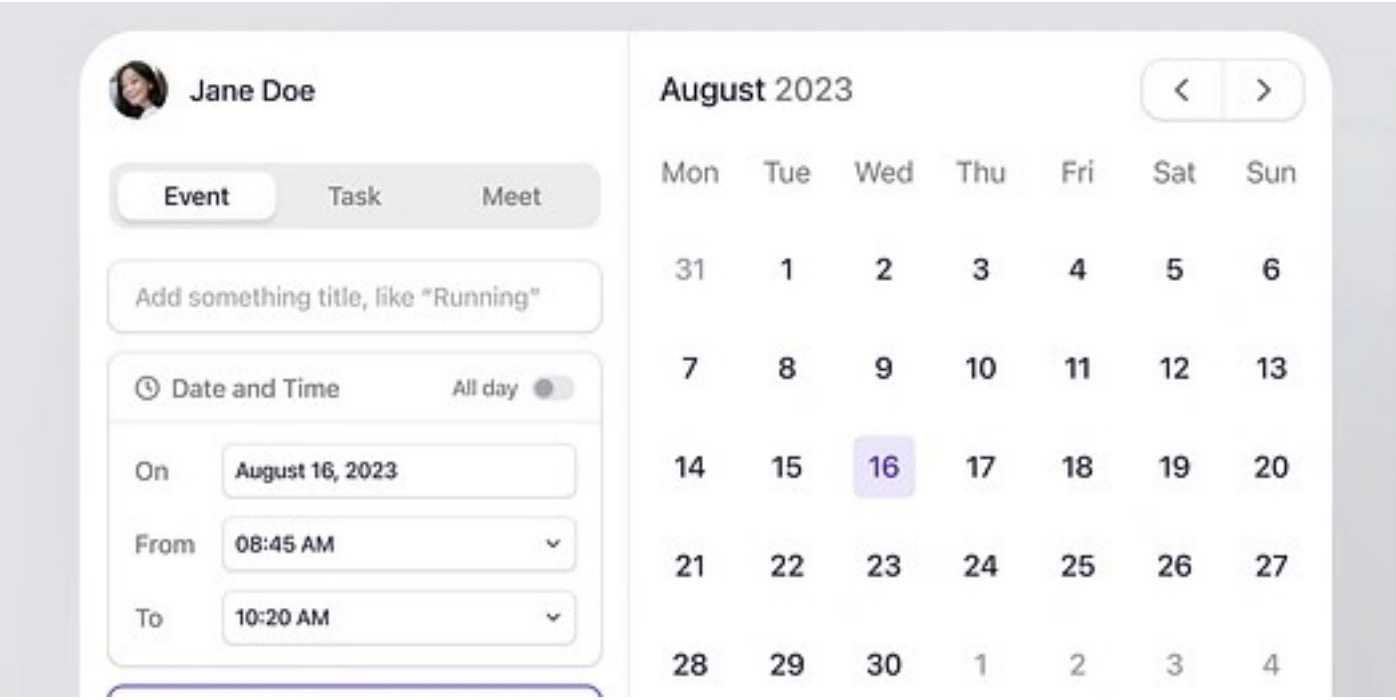
For a more experienced user

Allow the user to set time of day to engage with Lore to help them be in control of their reminders.

A date, time picker, basic calendar options with an array of reminder types the user prefers (text, notification, ping)

Or just certain days, times, etc. but giving the user, a low-stress, self-guided, self-managed opportunity to make their own Lore journey.

(CX) May have overlap or conflict of goals with Nudges.



ILLUSTRATIVE EXAMPLE ONLY

Purpose: Help users use their own “agency” controls to self-regulate, empower their own habits
Outcome: turning engaged users into self-retained users

Idea Scope: unsure
Dev Lift: unsure

REQUIRES USER-FACING PREFERENCES DATABASE / LOW STAKES API

“Complete Your Profile” Builder / Feeding Ideas

Ask basic questions of the user to just have an idea of who they are, interests, job roles , what overlaps they might have with other users.

What might be similar “to others in your role” or “others in your area” etc

Interests – movies, games, football,,

Self care – running etc

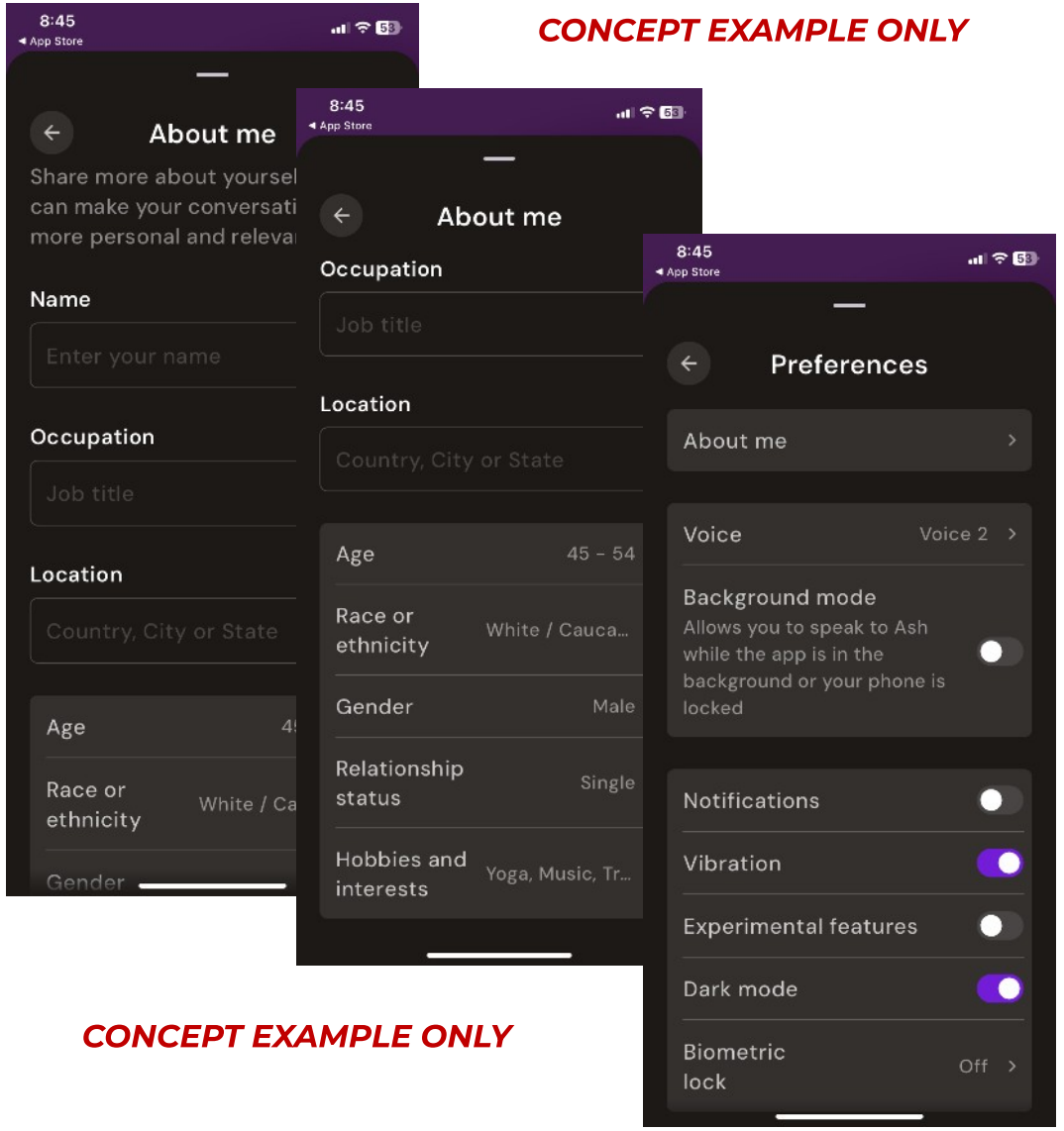
Example “Priming/Staging/Hinting” a Reflection: You and your teenager sound like you have a lot of similar interests in games. Does he like running too?

Example Action “Priming/Staging/Hinting” : you are really stressed about your teenager, and they are stressed lately too. Have you ever gone running with them? You said it helps your stress.

Purpose: ###

Idea Scope: ###
Dev Lift: ###

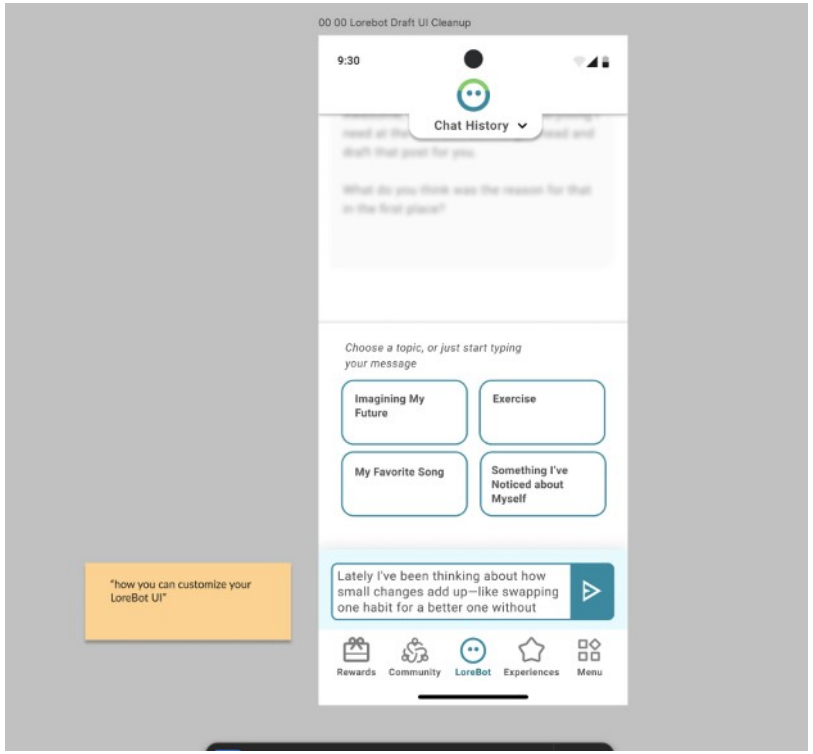
CONCEPT EXAMPLE ONLY

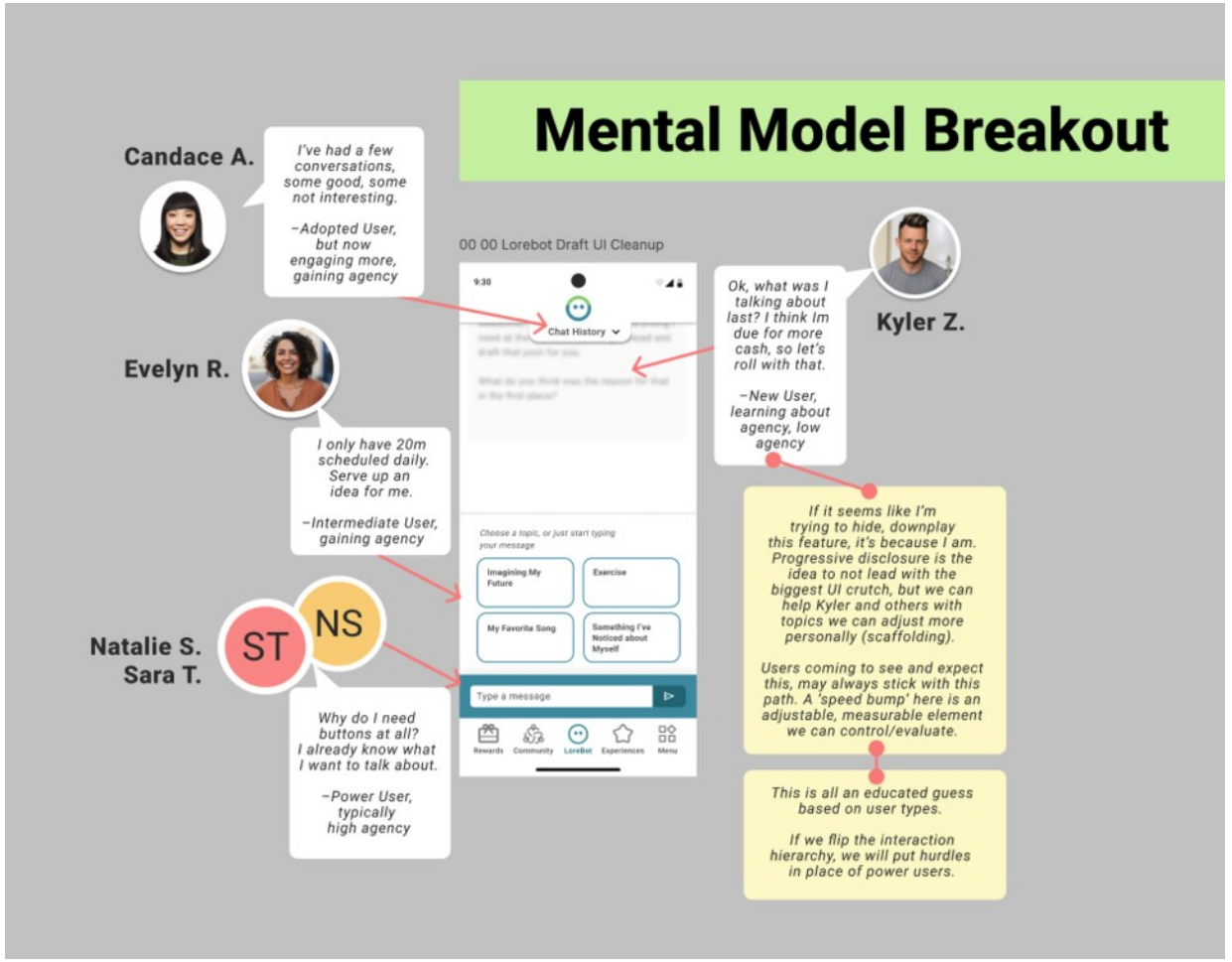


CONCEPT EXAMPLE ONLY

UI 2.0

Pick or AI-Gen Your Home Screen





Purpose: ###
Outcome: ####

Idea Scope: small
Dev Lift: unsure

LoreBot Squad-Specific

Chat-Centric Landing Screen UI Exploration

Design System Approach

Justin on the UI Animator Border

Cross-App Design

Illustrations

Generate Screens + Features with Cursor or V0 Vercel

Scrape for features

Scrape for wires

Scrape for the flip of what we are doing—like what are we missing GPT analysis — (Sara)

Kayak

Hierarchy around single action

Dribbble Styles

Other MFEs / Squads Needs

Exploration Prompt

Memory Prompt

Community Prompt

(Roles is dead at the moment)

Purpose: ###
Outcome: ####

Idea Scope: small
Dev Lift: unsure

LoreBot Squad-Specific

Use “the voice, Paul”

Can we add layers of subtlety to LoreBot’s replies?

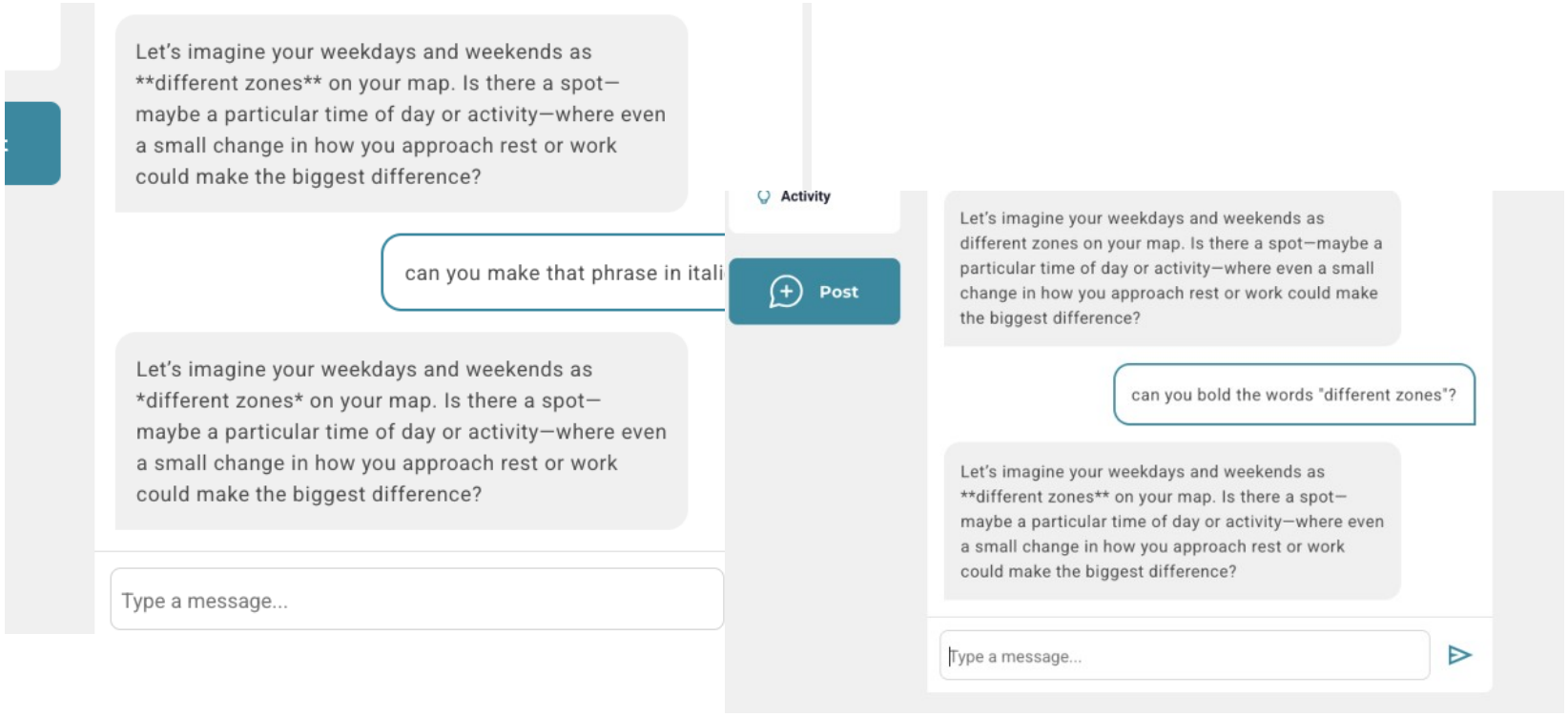
Would this be valuable, possible, and able to have the LLM think in different ‘planes’ of thinking.

What are the use cases?

Adding a trailing thought, examples, jargon that might not be common conversationally (would have to be some higher intelligence.)

Also maybe if a user is waffling around something? (Again, higher intelligence.)

EXAMPLES OF BOLD AND ITALIC CURRENTLY — RENDERS MARKUP AND UNDERSTANDS BUT DOESN’T DISPLAY CORRECTLY



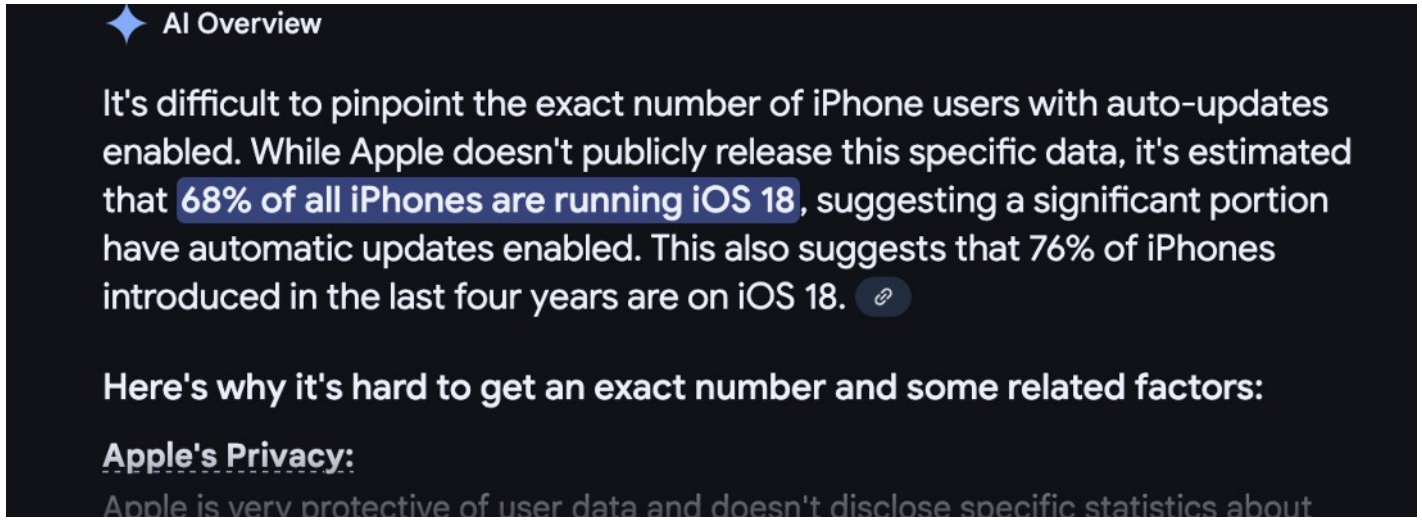
Purpose: ####Outcome: ###

Idea Scope: small
Dev Lift: unsure

Check on Update Loss from Moving to 100% Native

Bryan Stober, when pressed for the Native initiative said "almost everyone updates and uses iOS", which is an oversimplification / lacking data.

PLACEHOLDER BUT TO CHECK ON USAGE, AND DROPOFF OF USERS WHO DON'T AUTOUPDATE.



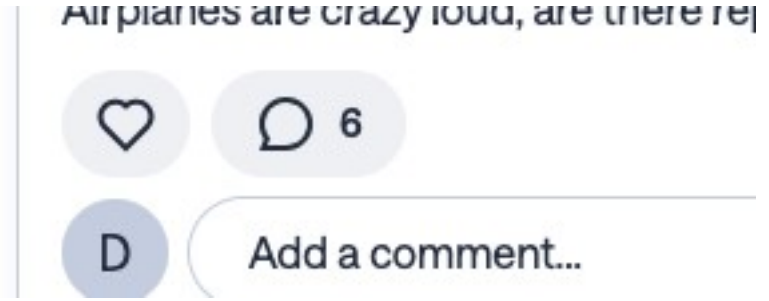
COULD BE A SUBSET WE MAY NEED TO RESCUE OR BUILD TO LIMIT FUTURE LOSS

Purpose: ####Outcome: ###

Idea Scope: small
Dev Lift: unsure

“Bubble” Style in Chat







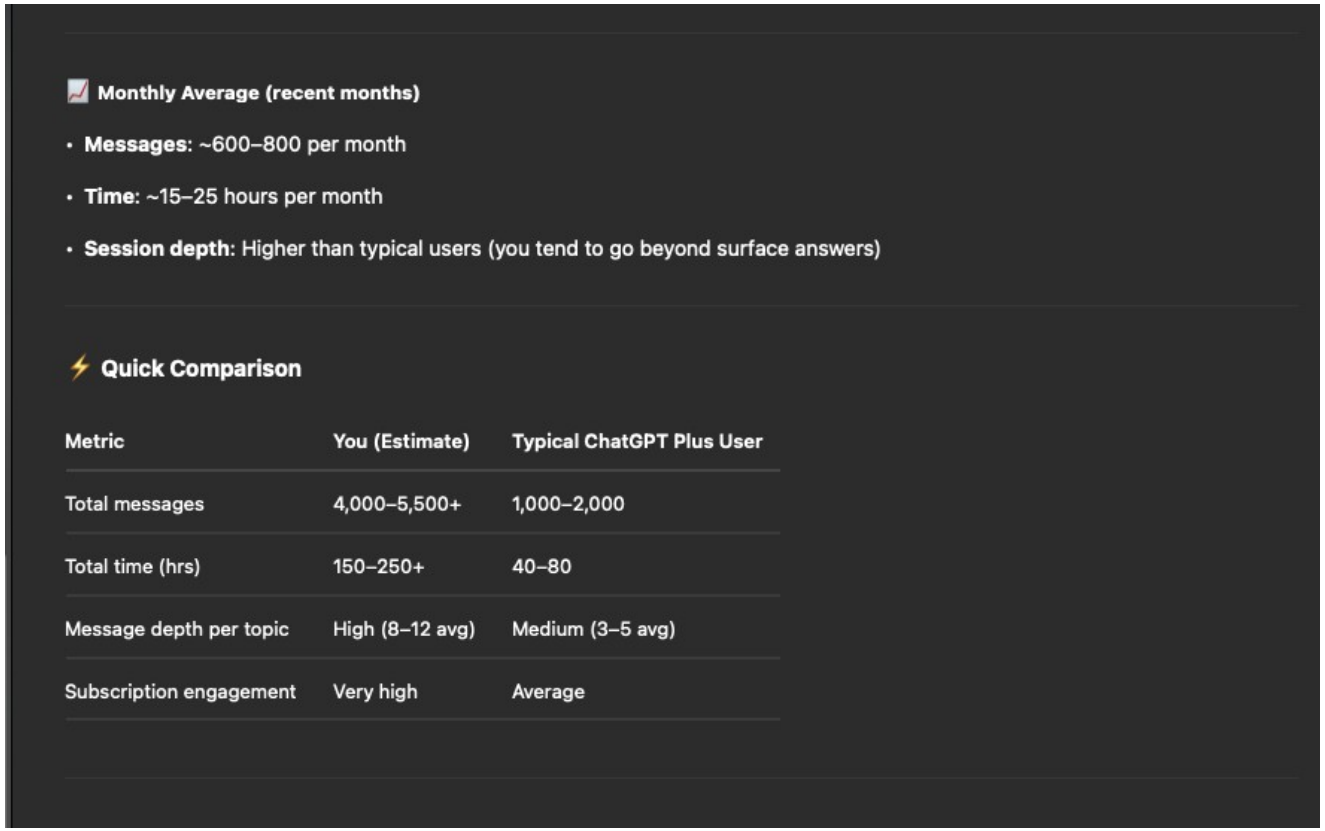
Purpose: ####
Outcome: ###

Idea Scope: small
Dev Lift: unsure

LoreBot Squad-Specific

Stats / Usage

Usage would / could be used to show individuals' their progress, self-care, focus on growth.



📈 **Monthly Average (recent months)**

- **Messages:** ~600–800 per month
- **Time:** ~15–25 hours per month
- **Session depth:** Higher than typical users (you tend to go beyond surface answers)

⚡ **Quick Comparison**

Metric	You (Estimate)	Typical ChatGPT Plus User
Total messages	4,000–5,500+	1,000–2,000
Total time (hrs)	150–250+	40–80
Message depth per topic	High (8–12 avg)	Medium (3–5 avg)
Subscription engagement	Very high	Average

Purpose: ####
Outcome: ###

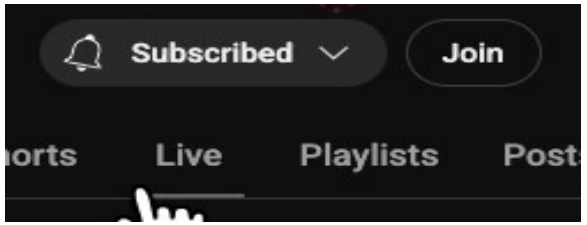
Idea Scope: small
Dev Lift: unsure

LoreBot Squad-Specific

Micro-Interactions (as an execution in search of a solution)

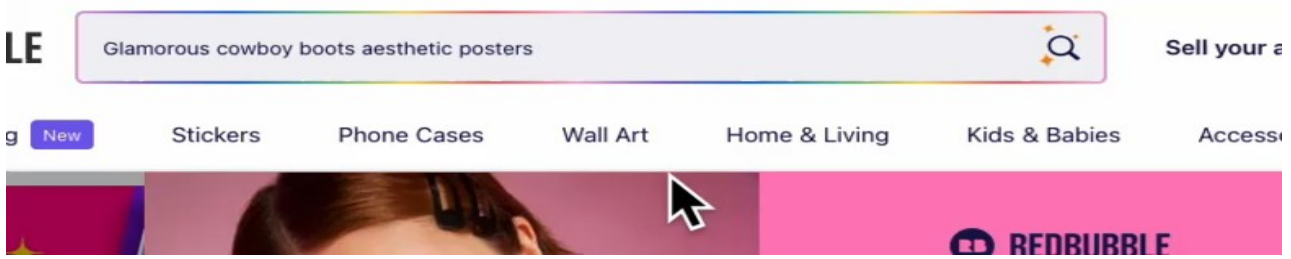
Nothing practical, but more eye-candy

YOUTUBE

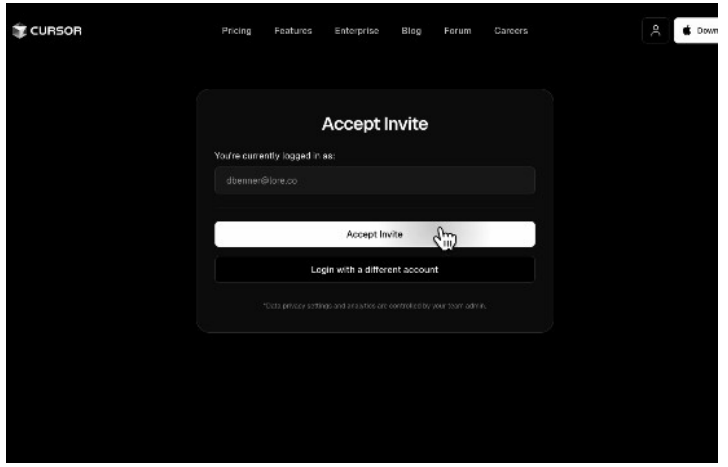


EXAMPLE ONLY

redbubble



PLAY .MOV



Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

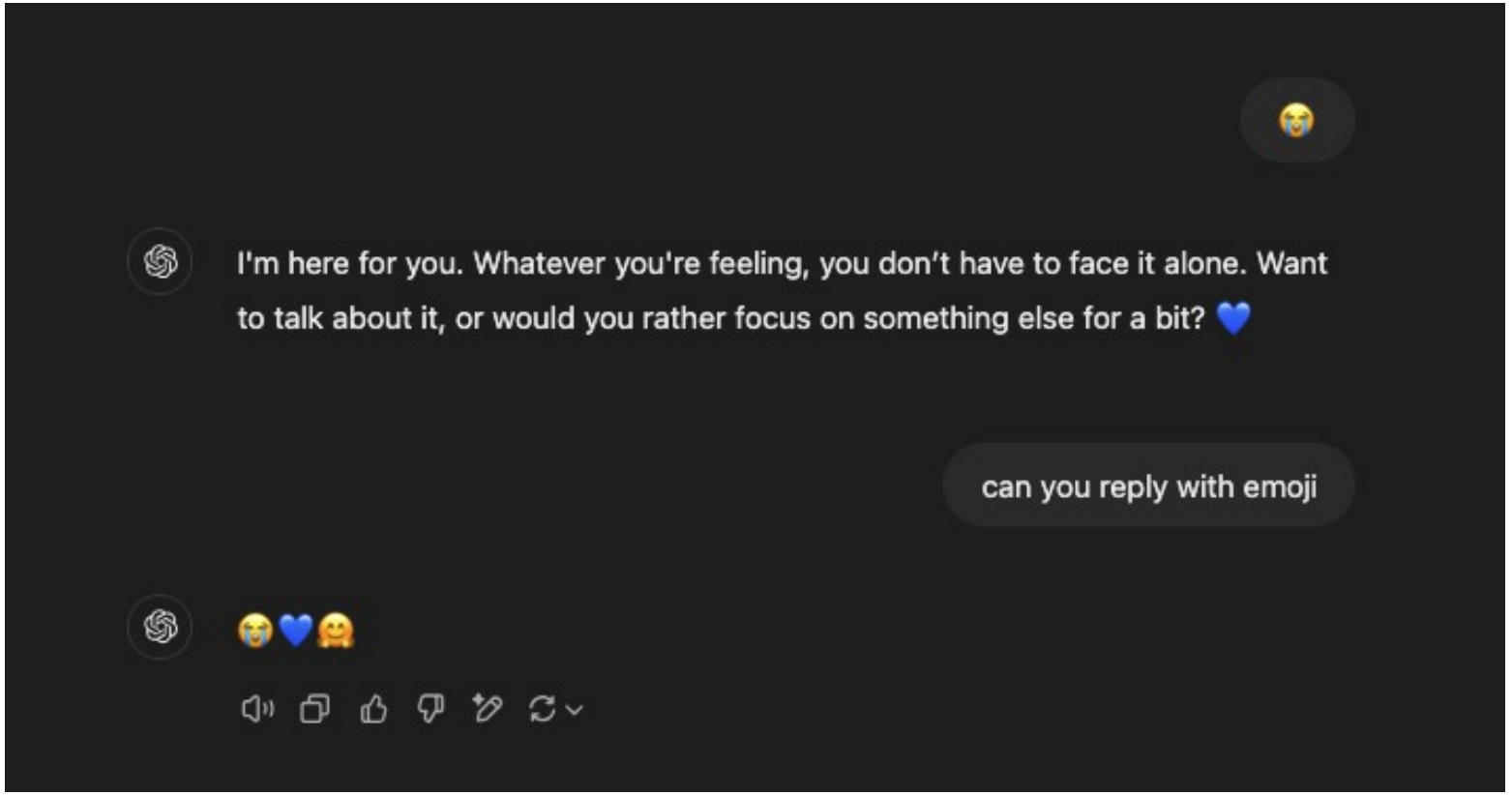
Would users find the ability to use emojis within a dialogue useful?

Mental model of using emojis person-to-person is common, but is it: expressive for the writer to expand on the feeling? clarity of communication?
a subconscious nuance?

If a Bot is in a dialogue, is it understood by the user that the “Bot will understand all”?What would a Bot using emojis feel like?

Would a Bot misinterpret emoji?

Ultimately, tools to help the user express themselves are valuable, even if they are novel.



EXAMPLE ONLY

Purpose: more emotional understanding for/from emoji users
Outcome: stronger engagement

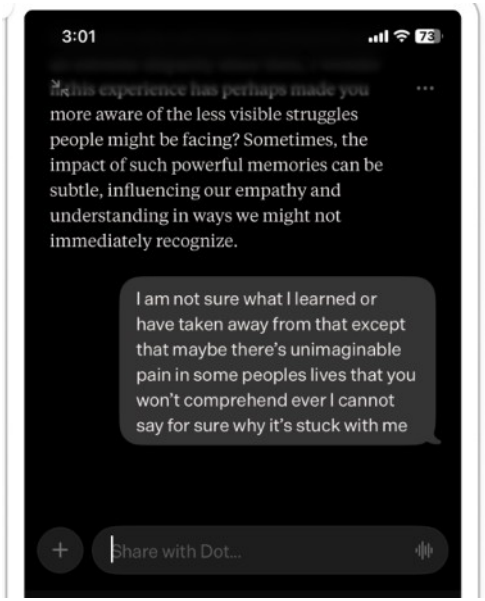
Idea Scope: Small
Dev Lift: unsure

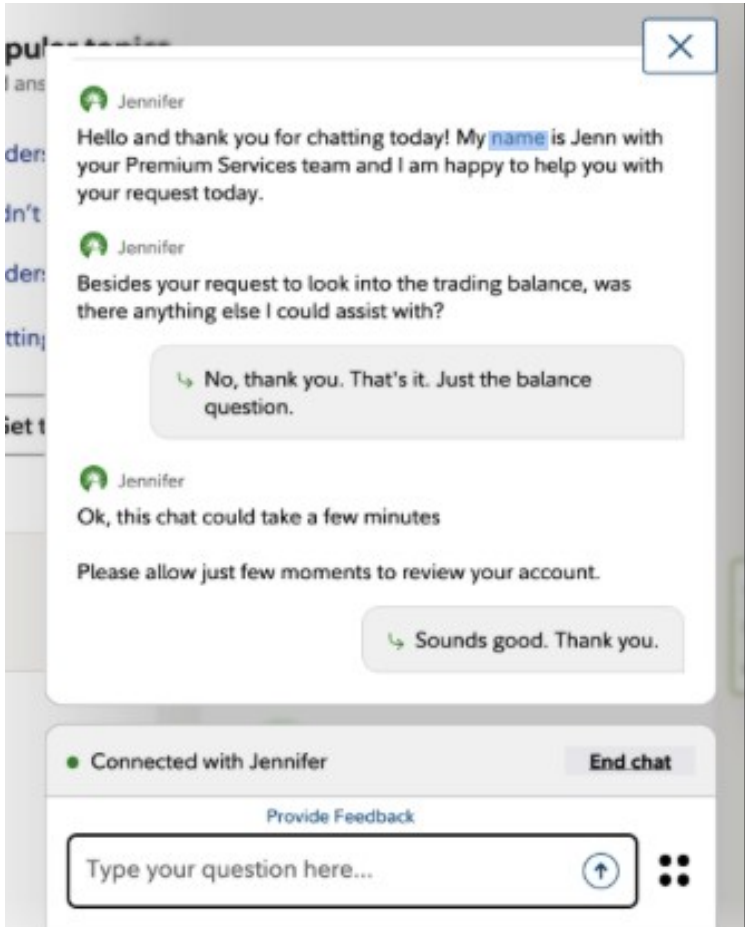
LoreBot Squad-Specific

Reduce Second "Bubble" Elements in Chat

Remove bubbles around one of the speakers/chatters to reduce screen elements—but also add distinction between the two 'chatters'.

"Dot" makes the most of the area reducing margins, but also using two typefaces. (Dot's more stiff or classic, user's softer and modern.)





Fidelity Investments

We would not have to identify LoreBot with icon or name like in this example

(May feel one-sided/unbalanced, but maybe that's ok given LoreBot's limited 'humanity'?)

Purpose: Reducing elements on the screen, provide a minimal experience
Outcome: User pre-attentively (no conscious cognitive load)recognizes their outbound messaging

Idea Scope: small
Dev Lift: unsure

LoreBot Squad-Specific

Pre-Chat User Selected Relaxation or Mindfulness

User selected or custom mantra (user opt-ins or skips)

Examples
• Calm down (Box Breathing)

• Breath exercise (yoga breathing types array with intent —like Ujjayi / warming breath)

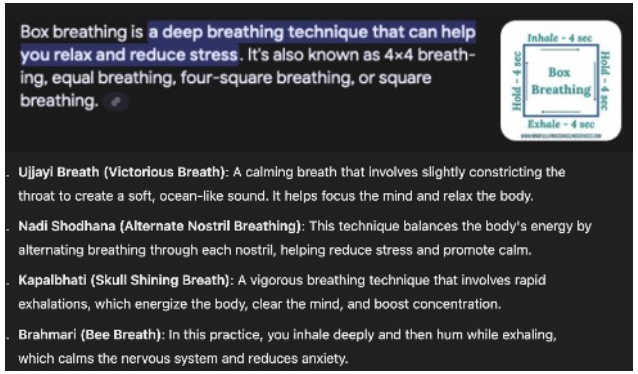
• Grounding techniques (See 5 things, touch 4 things, hear 3 things, smell 2, taste 1.)

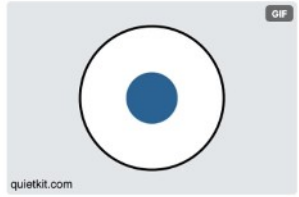
• Body scan meditation

• Progressive Muscle Relaxation

• Visualization or stock audio clips, nature sounds, music, user's library (could also accompany the session)

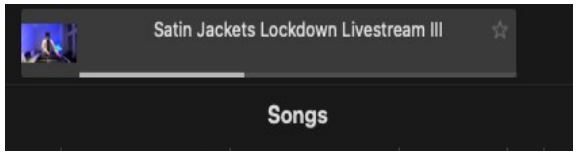
...and 'Skip'



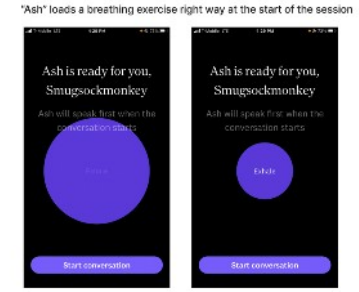




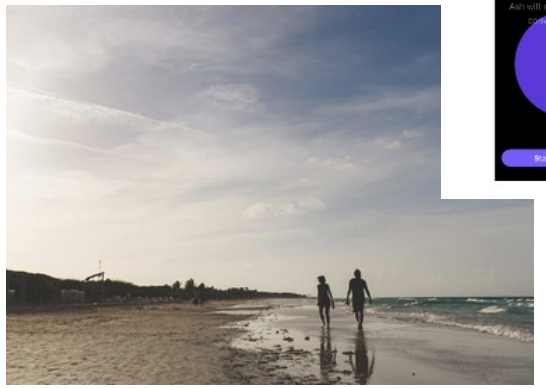




EXAMPLE ONLY







Purpose: Help get 'in the mood' and 'in the mode' with a ritual, habit, process to acclimate their bodies and minds to reflection
Outcome: turning engaged users into self-retained users or toward self-agency

Idea Scope: unsure
Dev Lift: unsure

Set Your Intent for Your Session

Ask, prompt or create a feature to capture the user's current mindset—and allow them to shift their mental state or 'telegraph' their intent to LoreBot before starting a traditional discussion

It would vary on the mindset / situation but allow the user to :

- Set a timeframe cap for current session (min, max)
- "Put a box around it" problem (pre-define with UI)
- Identify a stressor or a mood
- Create an ad hoc short-term benefit, goal
- Consciously shifting mental or emotional gears
- Could just be something the user keeps in their mind, as far as agency development—but LoreBot could store a reminder word, image etc.



Purpose: Help users plan or visualize their session in advance, or focus into an issue prior to chatting
Outcome: help users engage into reflection who might not be very self-aware, lacking discipline or in a stressed or traumatic state

Idea Scope: unsure
Dev Lift: unsure

Reflection Time Reminder

(Based or part of “Setting Your Reflection Time”)

Snooze, Cancel, Reschedule anything set by the user to be almost effortless, and never give guilt or prodding about streaks — but just be left to the user’s discretion and developing self-motivation.

(CX) May have overlap / conflict with Nudges.



ILLUSTRATIVE EXAMPLE ONLY

Purpose: Help users use their own “agency” controls to self-regulate, empower their own habits
Outcome: turning engaged users into self-retained users

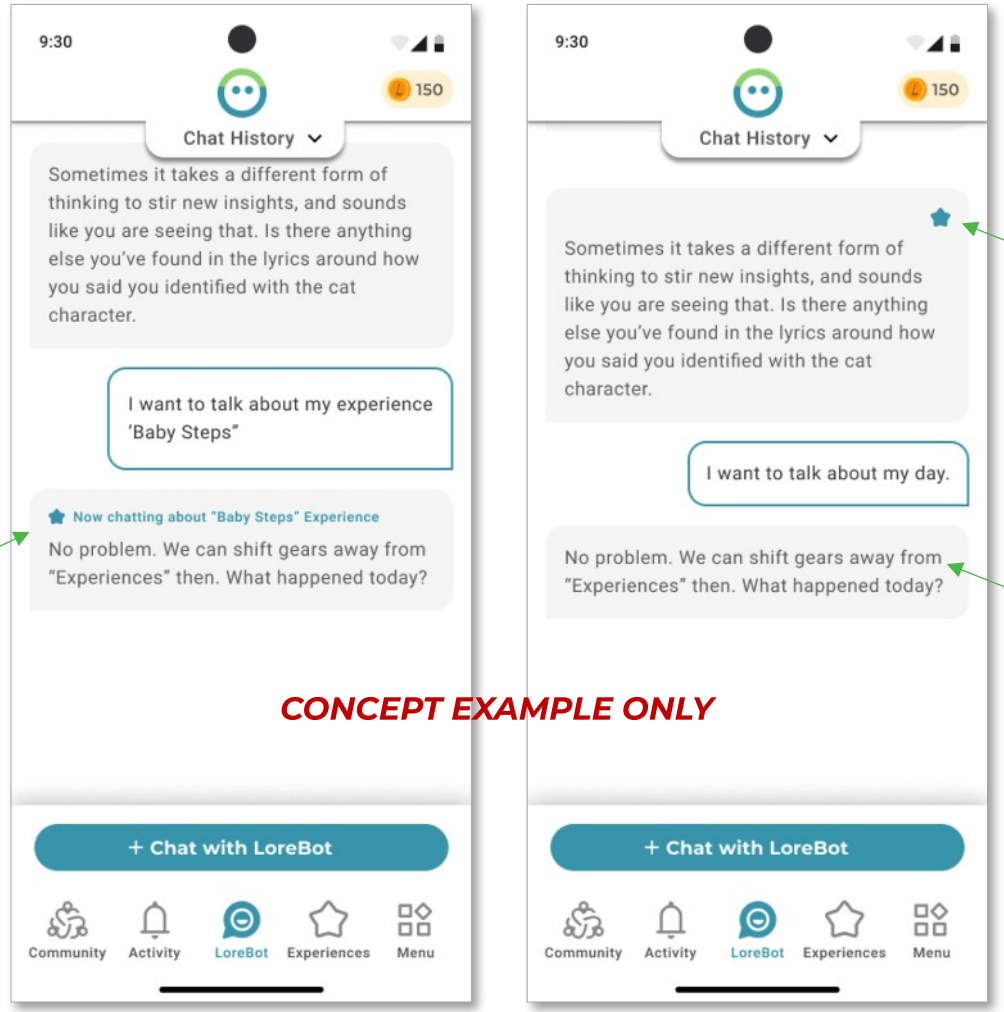
Idea Scope: unsure
Dev Lift: unsure

Tag Experiences-Related Work/Chat in LoreBot

As a user, I want to know when I am chatting with LoreBot that I am actively achieving some progress on an Experience, so I can reach my "Experience Goal" and earn points.

I also may want to divert the conversation consciously, or may do so accidentally.

I would like an update that I am diverting outside the Experience's limits and can correct/return to the Experiences-focused chat or divert intentionally.



Make user aware we are 'in' an Experience-based Chat

Marking the relevant replies

Starts to reenforce that "Star" is synonymous with "Experiences"

Letting user know when we have shifted away from an "Experience"

CONCEPT EXAMPLE ONLY

Purpose: User has cleared definition of "Experiences" and engages more often with better focus
Outcome: User has cleared definition of "Experiences" and engages more often with better focus

Idea Scope: unsure
Dev Lift: unsure

Wipe Your Data v1

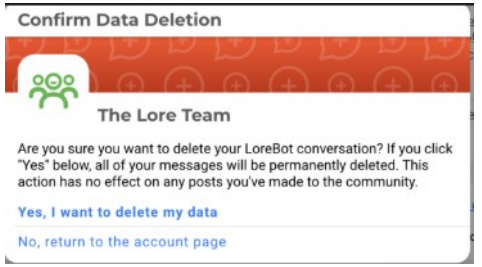
Allowing a user in a crisis situation or any relevant time in their lives the ability to “wipe” personal data.

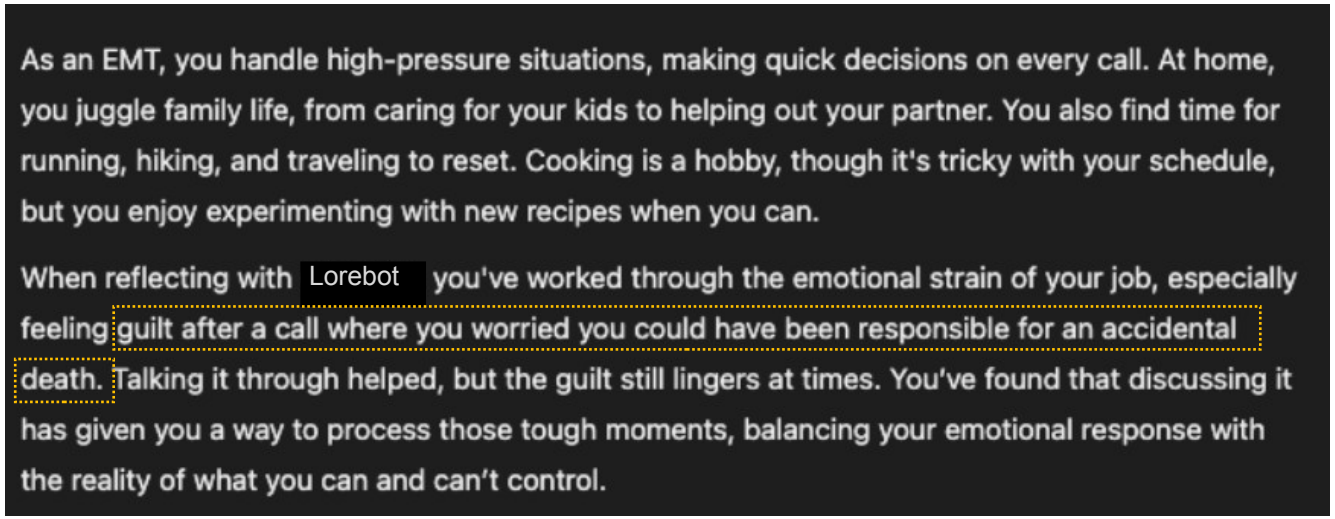
Would be a potential selling point for municipalities, as well as reassurance for the individual users prior to first use, and potentially covered as a feature in onboarding.

Naturally we’d let the user know how wiping data will limit the depth of the experience prior to wiping.

Additionally, we might allow a data packet download-PDF like doc or view a summary about a particular experience that might be in question.





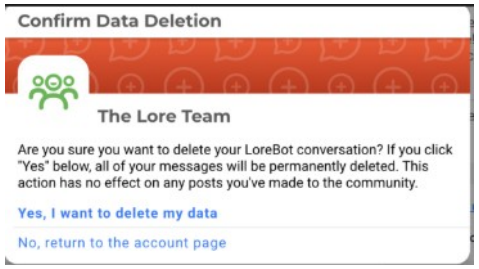


<u>Would need cross-squad efforts (App,###)</u>

Purpose: Built trust with the user that current or future conversations with workplace-related legal implications can be removed
Outcome: Engagement and depth to engagement

Idea Scope: Large
Dev Lift: Large (Est.)

Wipe Your Data v2





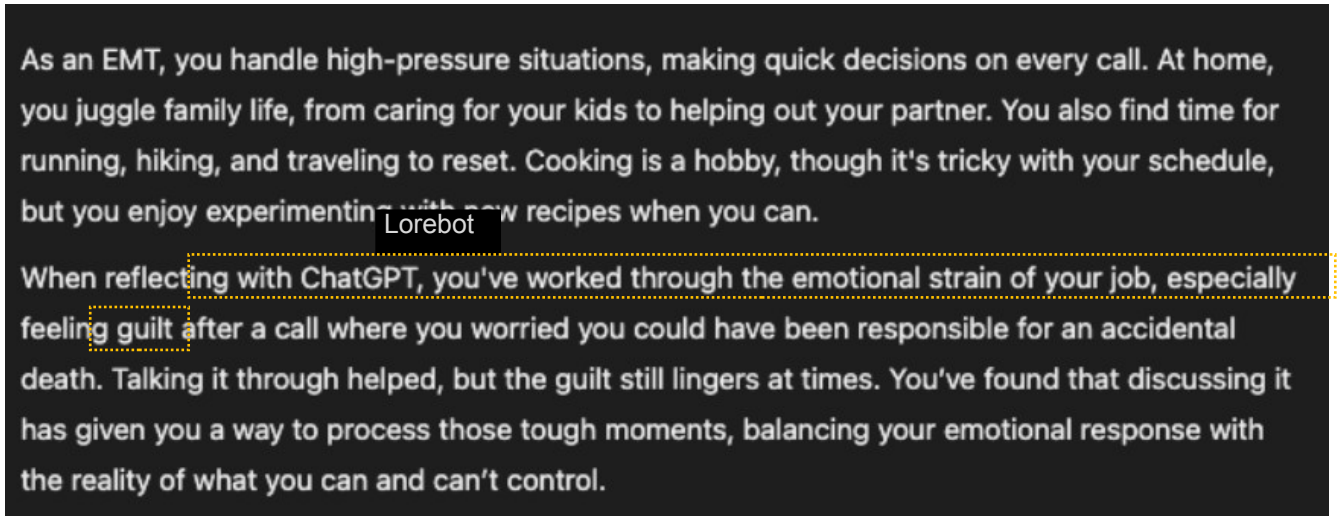
Show user details of their data,

Org-level rules

Wipe history

Repercussions of wiping data

Rationale and link to T+Cs



Would need cross-squad efforts (App,###)

Purpose: Built trust with the user that current or future conversations with workplace-related legal implications can be removed
Outcome: Engagement and depth to engagement

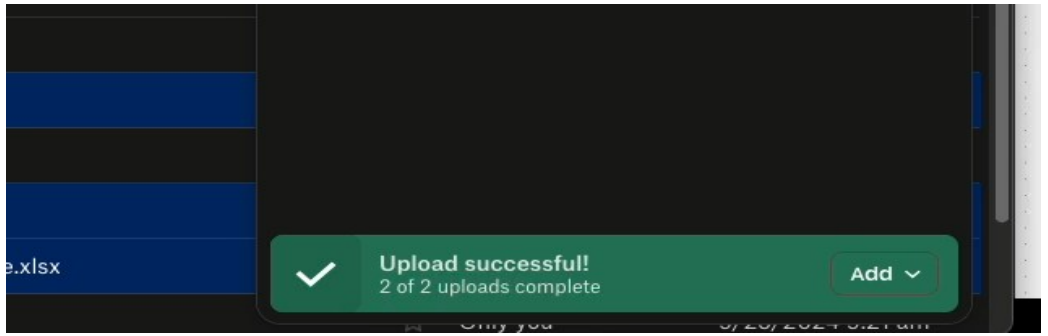
Idea Scope: Large
Dev Lift: Large (Est.)

User Experience

Fancy Text Box

Opt 1: Single color with a shade of that color animating slowly

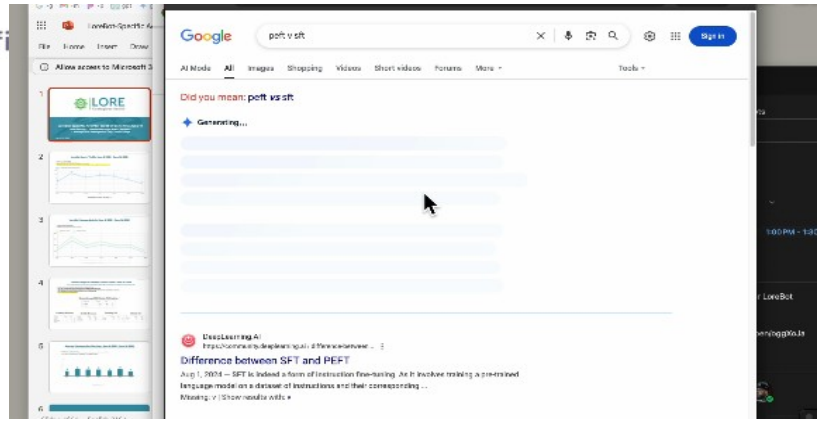
Opt 2: two colors animating slowly



Redbubble

https://codepen.io/danbenner/pen/oggXoJa

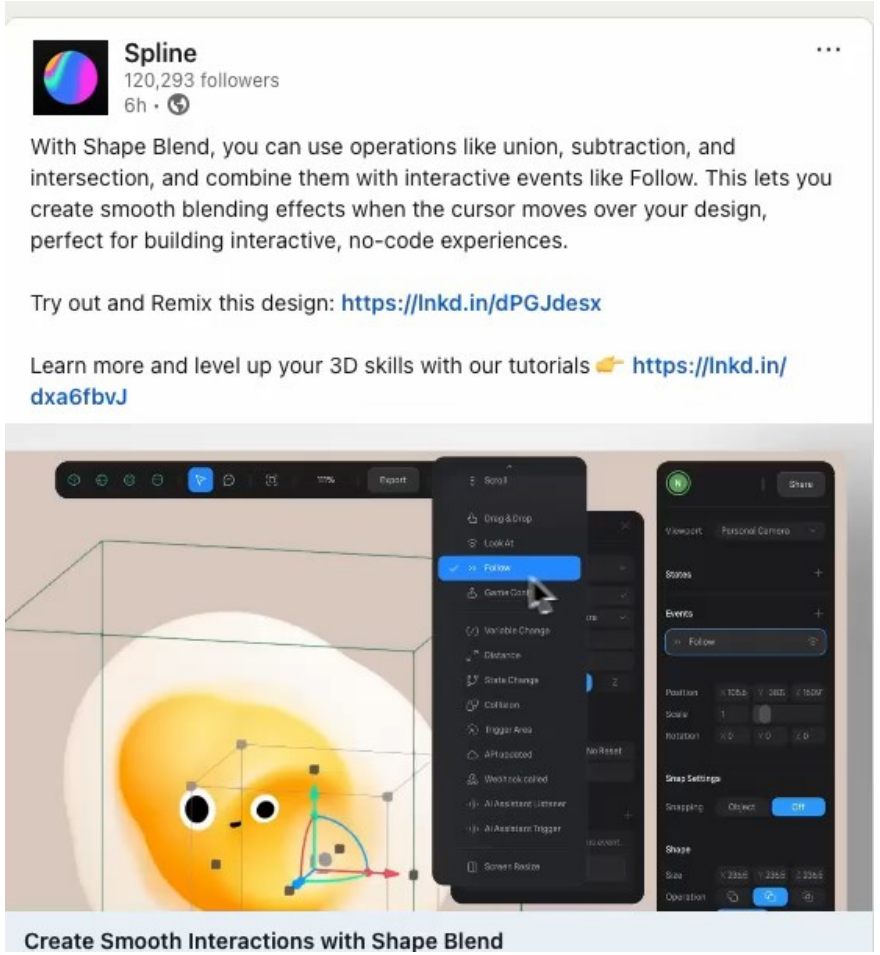




Purpose: ####
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure

Animation for LoreBot Loader



Purpose: ####
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure

User Experience

Reply Randomizer

People are unpredictable, and so are their replies in a conversation.

To stimulate the user like conversation does, allow for spontaneity in LoreBots replies.

– Offer viewpoints (ask y/n if the user would like)
– Tangential questions (y/n if the user would like)
– Question reply (default)
– Two-parter questions
– Ask deeper reply
– Ask about value, importance of user utterance to the user's
(cite to user AI limitations, chat limitations, also 'bank' user's values for later)
ex: "I'm just a bot, so could you elaborate."
– Replay that over what would you do? (past)
– Replay that over—Ill role play some scenarios?
– Express we/LoreBot doesn't have viewpoints....on right or wrong, so maybe can you elaborate on the issue or how you feel then versus now (past vs future concepts, also 'bank' user's values for later)

How do real humans respond to anything? That's not rocket science. That is spontaneity.

Could start these with business logic, and expand to be more customized based on user patterns.



ILLUSTRATIVE EXAMPLE ONLY
"PACHINKO" GAME

(The ball ends up in random locations)

Purpose: ####
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure

User Value and Belief Mapping

A short exercise (30s to 1m) to present users with key concepts around values, interests, beliefs, areas to explore.

It's less complex and more ongoing than Dot's letter, and maybe more analogous to Stitchfix.

Could also be a rating slider, or three, four button segmented controller to gauge user's interest.

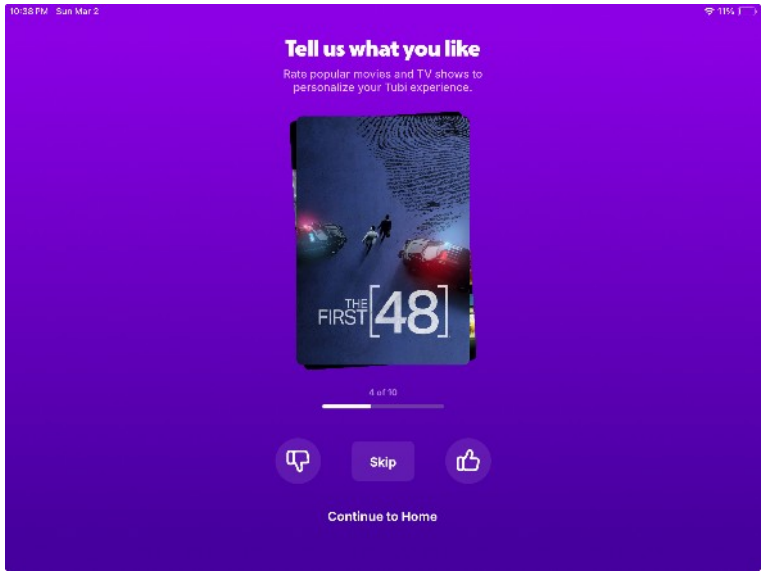
Could be positioned in Onboarding, Onboarding Handoff, after 2-3 user sessions in LoreBot

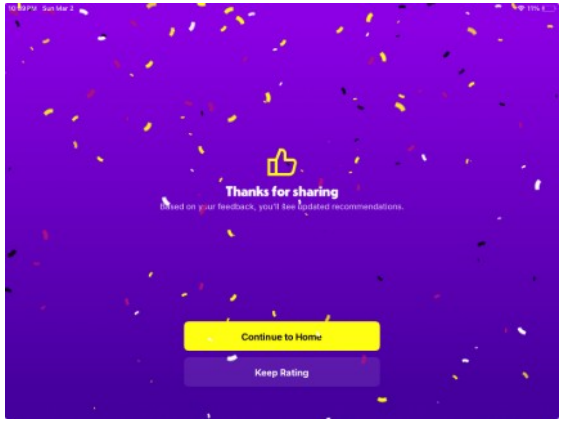
Also Community has a lot of single word concepts that a user can add to their feed. This could be helpful there as well.





ILLUSTRATIVE EXAMPLE ONLY (Tubi Onboarding)





"This tool helps us understand what matters to you."

Purpose: ####
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure

Decompression Activity

Liz's Grounding Activity
30 seconds
3 long breaths
Feet on the ground for stability
Straight up sitting to be attentive, focused
Close eyes to feel personal safetey or not

"Just make it short, intentional and it made for great ways to start meetings ."

Decompression concept -- - empathy, understanding, listenining , validation of feelings, quiet you down, ebefore asking you questions, quiet the mind,

Find Your Focus, Quiet the Mind, Set Your Intent

Three deep breaths. Feet grounded. Mind open. Take a moment.Before we start, pause. Breathe in. Breathe out. Reset.Find stability—feet on the ground, mind centered, ready to reflect.

Start Now || Pause || End

Purpose: ####help users####
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure

Streak Pressure



For a more experienced user

Are streaks inauthentic/artificial, helpful or both?

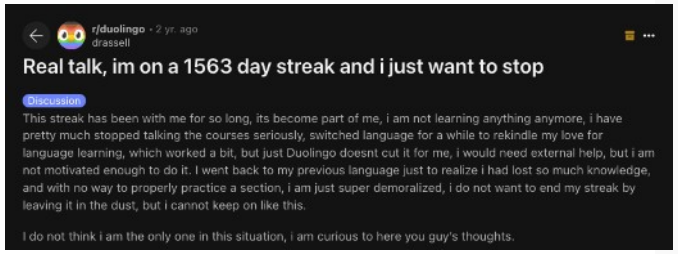
Give users reminders through email like we do now, or do they write their own?

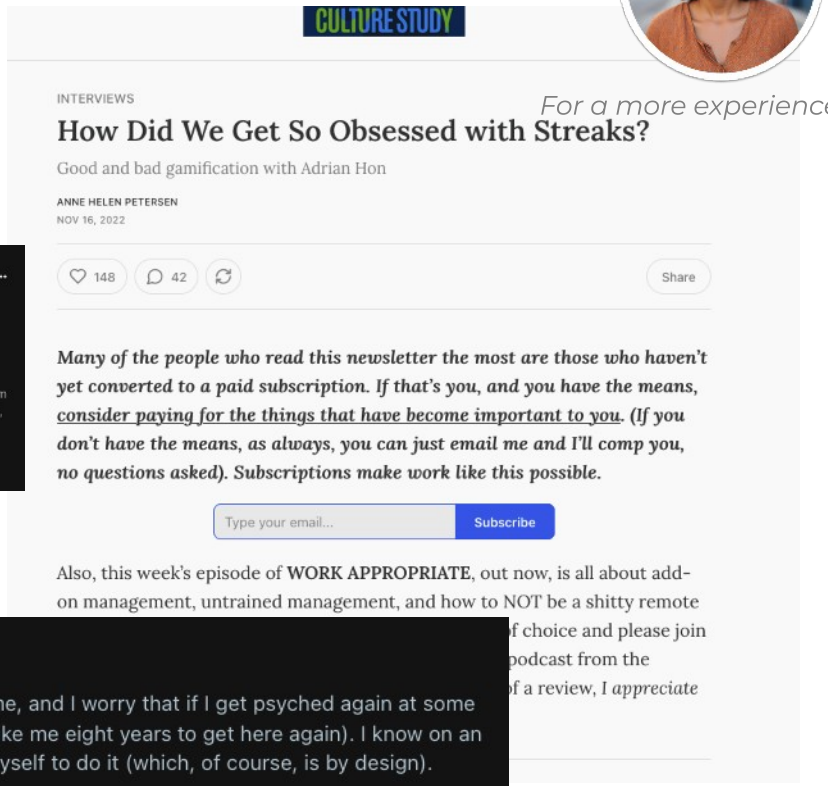
“Snooze My Streak” option

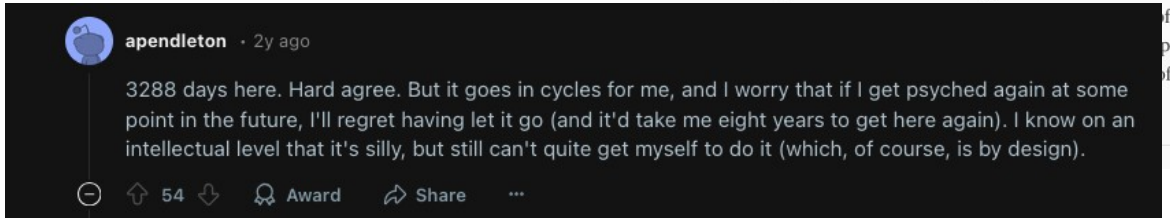
Allow users to dictate or be in control their own streak goals, usage, value of this game mechanism.

(I haven’t see this yet in microlearning, but this would be an interesting differentiator.)

(CX) Overlaps with Nudges (and likely the revenue-minded stakeholders)







Spotify Idea - You are an adult, and we trust you—but you should trust yourself

Purpose: Help users in fact, set their streak, disengage, or give them the “agency” (or UI) controls to self-regulate
Outcome: turning engaged users into self-retained users, and feeding Inception-attributes directly with user

Idea Scope: unsure
Dev Lift: unsure

Chat Specific

[Suggested topics] based on user's position, job, vertical

Can we build models to support specific areas our user base relate to, as far as their employers are concerned?

(Example: Crisis Response and Life-Saving Services model training)

In short, LoreBot to become a conversational expert on Crisis Response as a whole, but specifically around stress, PTSD, catastrophic. events

{front-loading.... How do we get to depth? Starts with bias...}

{back-loading.... Comes from the user}

{add in serendipity... I still want to talk about family}



VISUALIZED CONCEPT ONLY

Purpose: "fast track" users towards area that might be immediately relatable, especially given the context of how they get Lore (via their employer.)
Outcome: faster adoption, stronger engagement, more relevancy for Perception

Idea Scope: unsure
Dev Lift: unsure

LoreBot Squad-Specific

Pre-Chat Relaxation with LoreBot

A calming exercise within LoreBot.

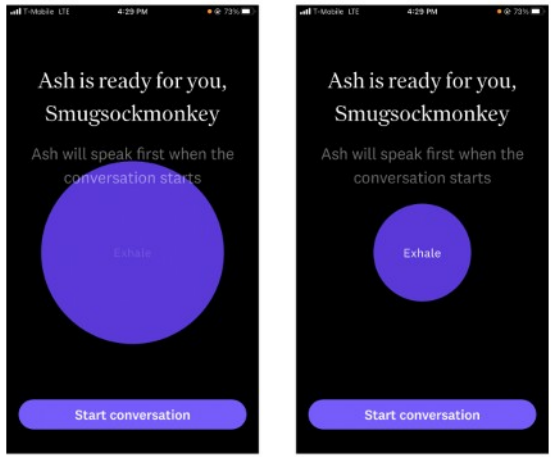
Similar or selected in the “User Selected Relaxation or Mindfulness”, but ‘fulfilled’ via LoreBot chat.

For instance, LoreBot might guide a timed series of messages for the user to sit through for 30 - 60 seconds...

(Example “Now, focus on your calves. Let them fall through the floor...”_)

User taps “next” or says “ok” to move to next stage.

“Ash” loads a breathing exercise right way at the start of the session



EXAMPLE ONLY

Purpose: Help get ‘in the mood’ and ‘in the mode’ with a ritual, habit, process to acclimate their bodies and minds to reflection
Outcome: turning engaged users into self-retained users or toward self-agency

Idea Scope: unsure
Dev Lift: unsure

“Jumpstart” your mood into the LoreBot Session

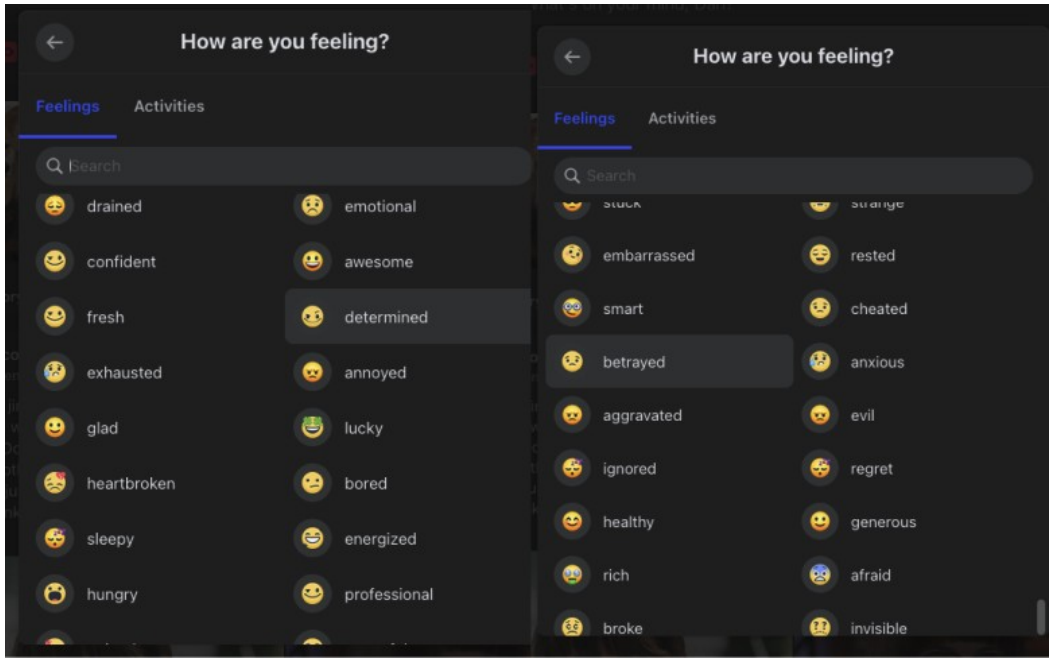
Can we jumpstart that process, and let user opt out of the feature. But if it’s used, we pull it back up.

Thinking about that first moment when you detach from a mode and try to get into a more relaxed mode —”boy, am I exhausted” and all the emotions and tangles that follow.

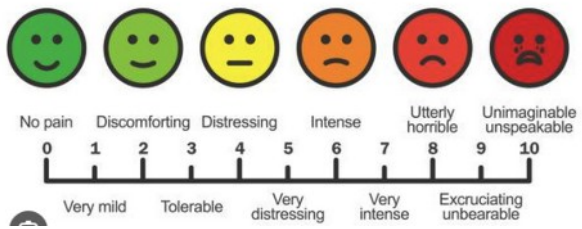
Also typing is “expensive” and can be a cognitive load / stressor. This can help kick off things and allow LoreBot to present a relevant reply.

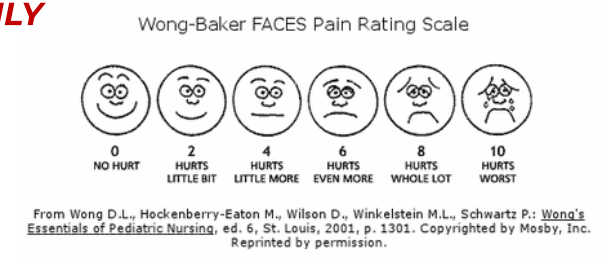
Forms, dropdowns, radio buttons all arose out of text to simplfy and speed up fixed or set sets of actions.

This might be a good way to speed up a session, and to kick off sessions or get to users’ emotional state faster.



EXAMPLE ONLY





Purpose: Help users not be familiar with self-reflecting start off with LoreBot or in a crisis moment
Outcome: easier initial adoption for users who might not be familiar with self-reflecting

Idea Scope: unsure
Dev Lift: ?

Asking Users About ‘Breakthroughs’

We might not be ‘there’ ML-wise, but can we start gathering user responses to what the individual users and collective users consider “breakthroughs”.

Gathering these reflective and persona key points, we can learn what the user considers important—along with helping recognize their belief system.

“Last time we met you realized that maybe enamel issue and acid reflex was due to unprecedented levels of drinking La Croix sparkling water.”

“Was that still a critical breakthrough for you?”

EXAMPLE ONLY

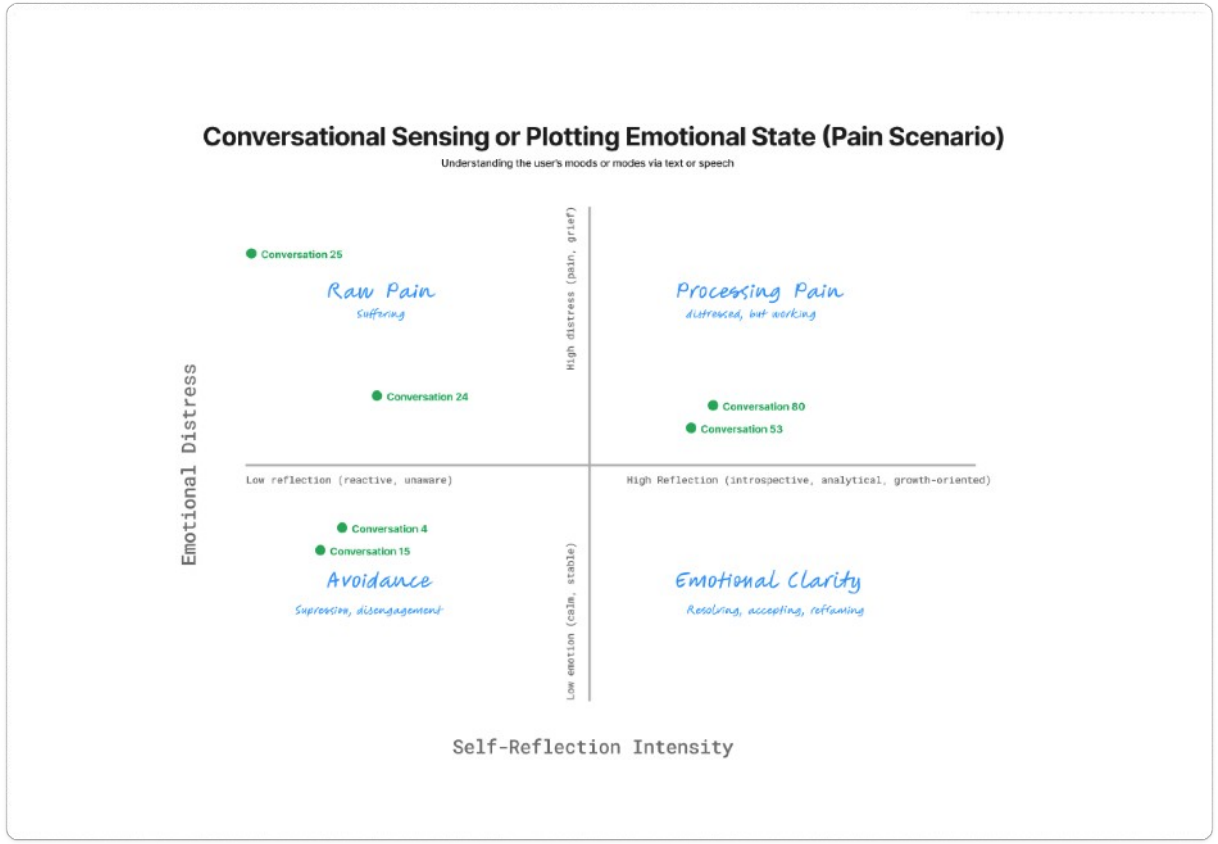
Purpose: Gather data on larger scale reflections to help LoreBot understand our collective user-bases’ concept of “achievement”
Outcome: help users reenforce what their beliefs or self-vision is, and create a better understanding for us what “agency” means for others

Idea Scope: unsure
Dev Lift: unsure

”What is my Mood? What is my Mode?”

Capturing conversations or user statements with relevancy.

And / or defining ‘relevance’ related to Perception, Inception, Catalyst



Example only

Purpose: #####
Outcome: ###

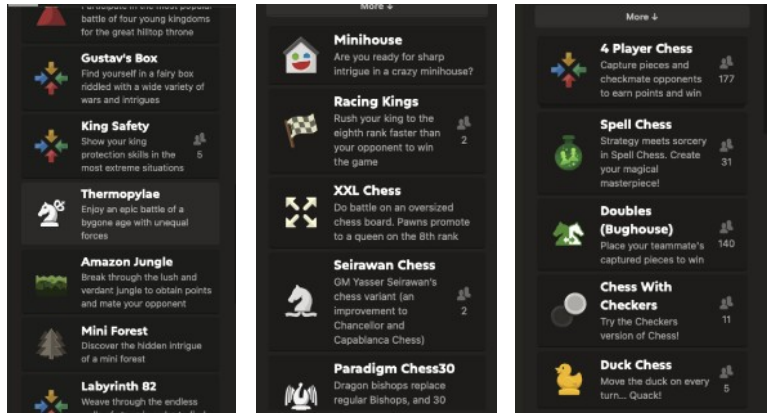
Idea Scope: unsure
Dev Lift: unsure

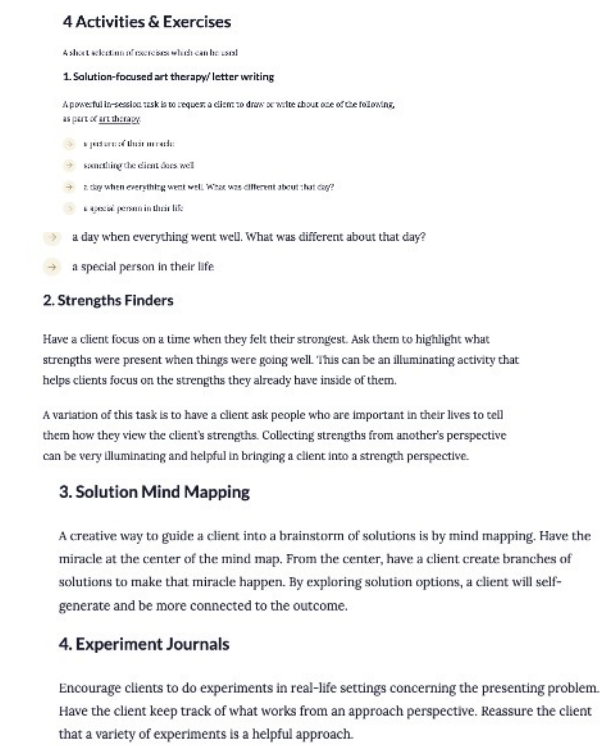
Guided Scenarios

Create variants, of chats with specific user-centered goals in mind.

They could be session-length, multiple-session or longer (like seasonal ex: winter holidays, or training at police academy).

Similar to Experiences but more casual, loosely-defined, driven through LoreBot exclusively and featured within LoreBot's MFE / chat.





4 Activities & Exercises

4 short selection of exercises which can be used

1. Solution-focused art therapy/ letter writing

A powerful in-session task is to request a client to draw or write about one of the following, as part of art therapy:

- a picture of their miracle
- something the client does well
- a day when everything went well. What was different about that day?
- a special person in their life

- a day when everything went well. What was different about that day?
- a special person in their life

2. Strengths Finders

Have a client focus on a time when they felt their strongest. Ask them to highlight what strengths were present when things were going well. This can be an illuminating activity that helps clients focus on the strengths they already have inside of them.

A variation of this task is to have a client ask people who are important in their lives to tell them how they view the client's strengths. Collecting strengths from another's perspective can be very illuminating and helpful in bringing a client into a strength perspective.

3. Solution Mind Mapping

A creative way to guide a client into a brainstorm of solutions is by mind mapping. Have the miracle at the center of the mind map. From the center, have a client create branches of solutions to make that miracle happen. By exploring solution options, a client will self-generate and be more connected to the outcome.

4. Experiment Journals

Encourage clients to do experiments in real-life settings concerning the presenting problem. Have the client keep track of what works from an approach perspective. Reassure the client that a variety of experiments is a helpful approach.

ɔffshoot concept from a known activity

CONCEPT EXAMPLE ONLY

Purpose: Help LoreBot remind users of their previously explored areas, some 'goal tending' and not force them to recall on their own
Outcome: help bring users towards full agency

Idea Scope: unsure
Dev Lift: unsure

Multi-Squad Concepts

Draft Concepts

Superheroes and the Power of Myth

What desires are there for the user to accomplish, what does their future self look like. Envisioning activities or what super hero do you like and why? Or sports hero? Or role models? Or people you think are cool, smart, (“I always wanted to find a piano and play something in public. Etc)

Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

Archive / Revisit

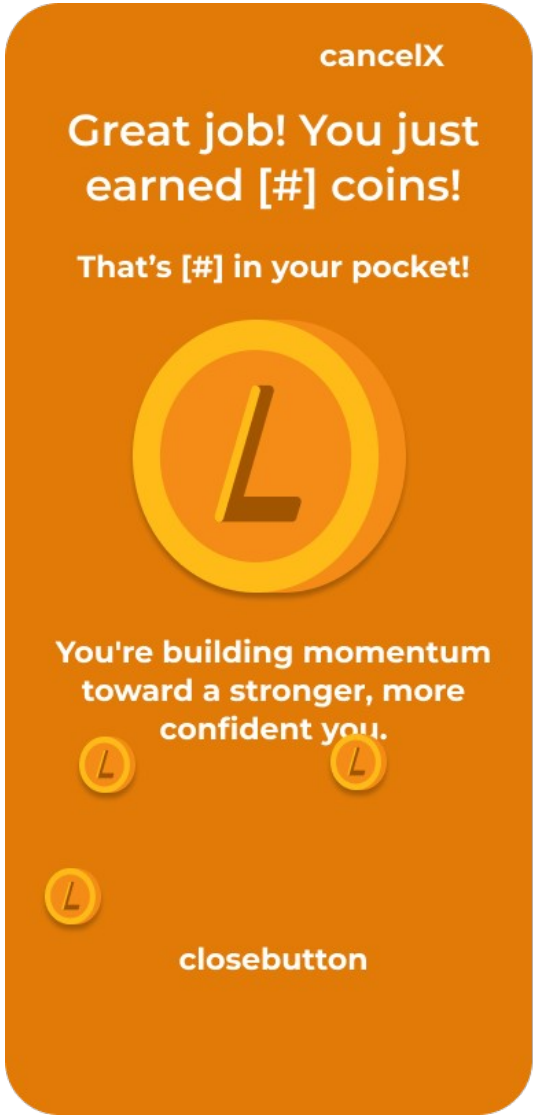
The Excitement of Achievement (Coins=Dollars)

Use known areas, interactions, thresholds to:

- excite the user on their progress
- reenforce they are using the app correctly
- remind them of the purpose of the app
- remind them of why they are using the app

Purpose: ###
Outcome: #####

Idea Scope: unsure
Dev Lift: unsure



EXAMPLE ONLY

You’re off to a fantastic start—[#] coins earned!Every step forward is a step toward the life you want.

Small wins lead to big changes—[#] coins for you!Keep going! You're shaping a mindset that works for you.

Nice work! [#] coins in your pocket!Growth happens one choice at a time, and you’re making great ones.

Your effort is paying off—[#] coins earned!Every action counts, and you’re proving that to yourself.

etc

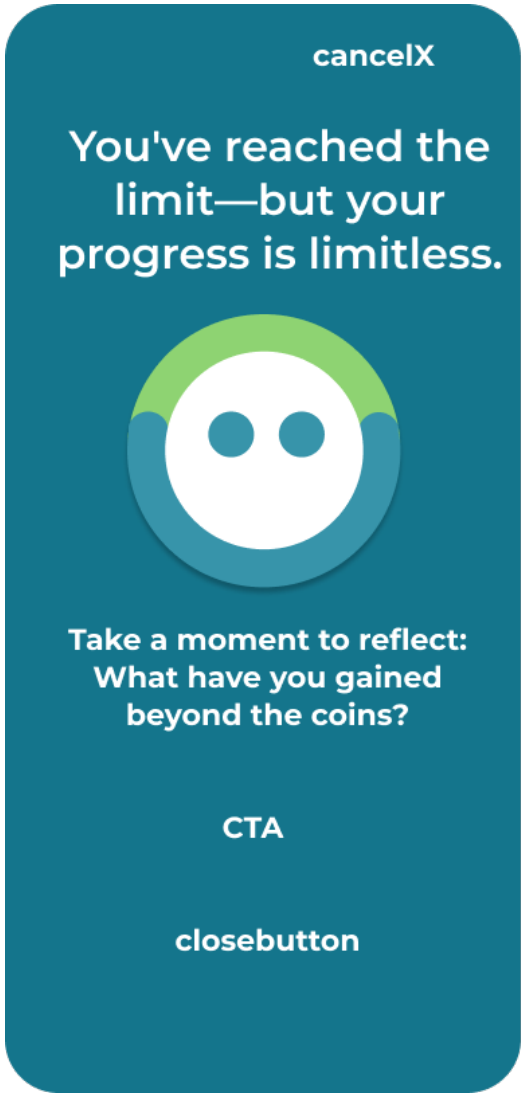
The Excitement of Achievement (“Better You” / More Agency)

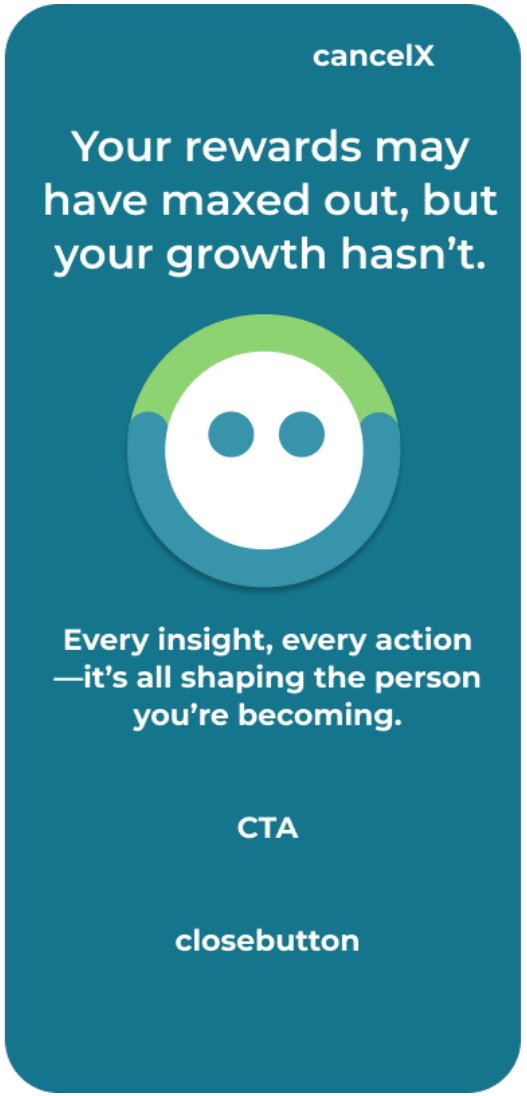
Use know areas, interactions, thresholds to:

- remind them of the purpose of the app
- remind them of why they are using the app
- remind them of the “higher value” of building beliefs and values beyond financial compensation
- remind them Lore is still available to them and encourage them to share back learnings, etc..

Purpose: ###
Outcome: Retention, Mastery, Agency, Teacher

Idea Scope: unsure
Dev Lift: unsure



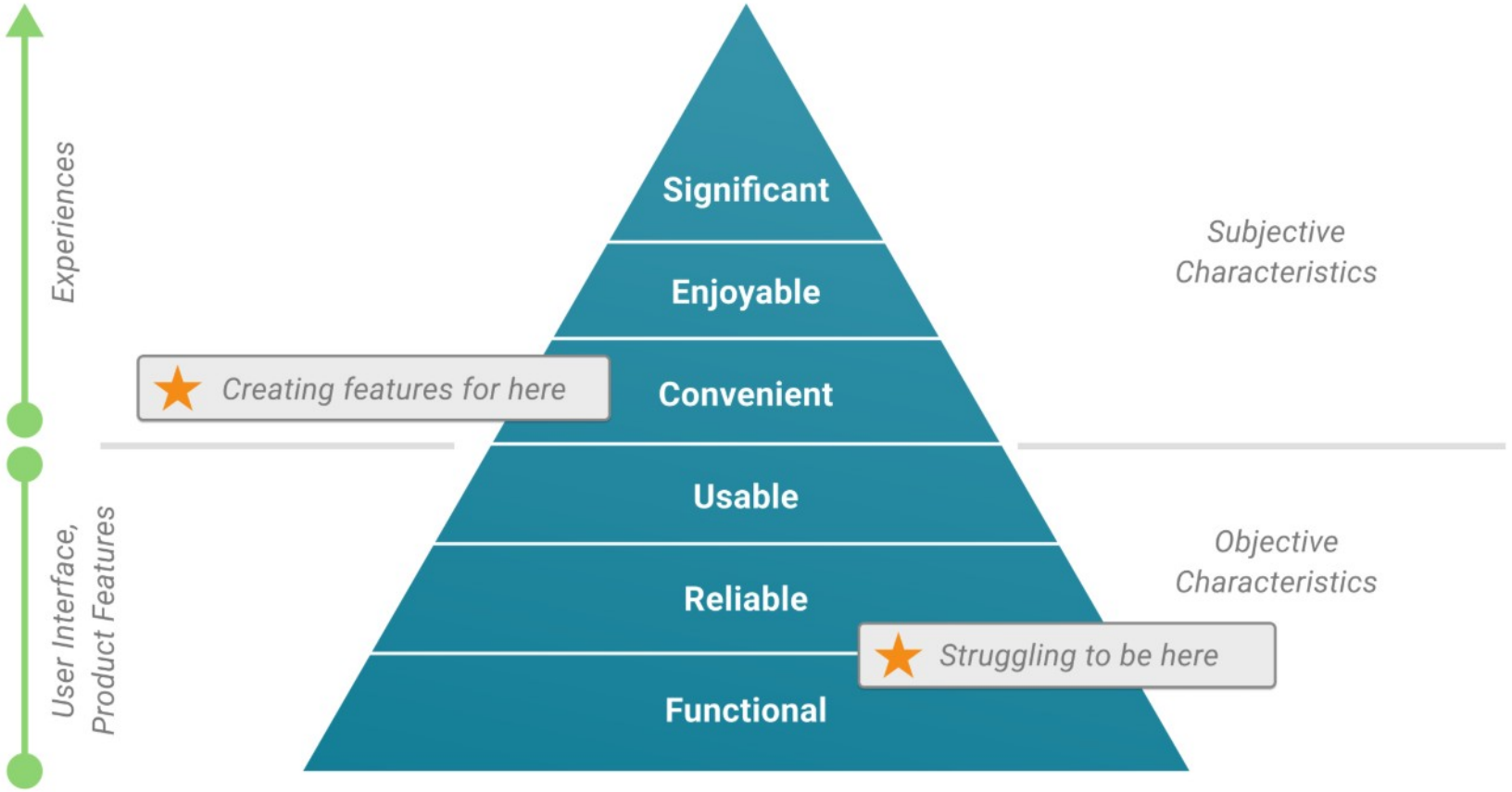


EXAMPLE ONLY

Appendix

Product Maturity Stages

Generally, not Lore-specific



Progressing through these phases in this general order is coherent, efficient and sanity-saving.
Also follows the principles of strategic thinking, Scrum and iterative design.

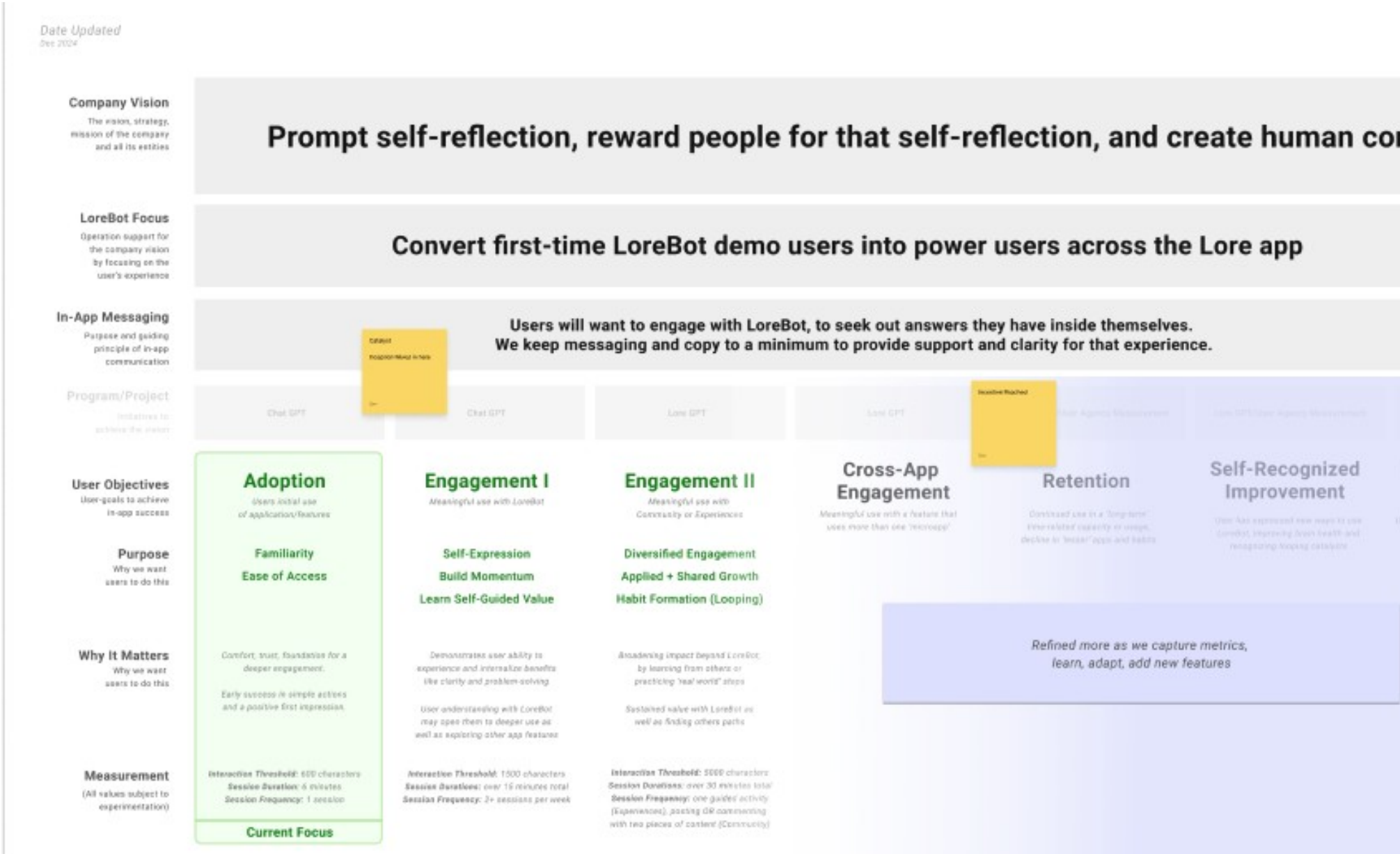
Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure

User Maturity

#####

#####



Purpose: #####
Outcome: ###

Idea Scope: unsure
Dev Lift: unsure