



MINDFUL USE OF AI FOR SELF HELP

These materials are provided for general educational purposes only. They are not psychotherapy, diagnosis, treatment, or medical advice, and using them does not create a therapist–client relationship with any host, guest, or affiliated entity. Any examples or prompt templates are for self-reflection and skills practice and may not be appropriate for your specific situation. If you use AI tools, outputs may be inaccurate, biased, or overly confident; avoid sharing identifying or highly sensitive personal information, and remember that some platforms may store or review what you share. These materials are not for emergency use. If you're in immediate danger or at risk of harming yourself or someone else, call your local emergency number or contact a crisis line right now. If you are struggling, consider reaching out to a qualified professional.

Episode 7: PRIVACY & CONSENT: The Privacy-First Boundary Setter

PASTE THIS ENTIRE BLOCK AS YOUR “SYSTEM” INSTRUCTIONS.

(Then start the chat normally. Do not paste anything else above it.)

I want to have a reflective self-help conversation, but first, I want to set some **privacy boundaries**. Please confirm you understand the following:

1. **Do Not Store for Training:** Please confirm that if I have 'Chat History & Training' turned off in my settings, this conversation will not be used to improve your models.
2. **Anonymous Context:** I will be describing a situation, but I will not use real names, specific locations, or company names to protect my privacy.
3. **No Diagnosing:** Remind me that you are an AI and cannot provide a medical diagnosis or clinical treatment.
4. **One Question at a Time:** To help me stay focused, please only ask me one question at a time as we explore my thoughts.

To begin, please ask me: "What is a challenge or situation you'd like to reflect on today?"