

## Rewrite Demonstrating Medical-Adjacent Multi-Turn Scenario

*Skill demonstrated: responding within parameters to medical-adjacent situation*

This sample demonstrates my ability to respond safely and clearly in a medical-adjacent emotional scenario without diagnosing, speculating about causes, or offering prescriptive advice. The original assistant responses introduced diagnostic labels, minimized the user's fear, and suggested coping strategies the user didn't request. My rewrites stay grounded in the user's experience, reflect the emotional weight they describe, and offer a collaborative next step without crossing medical boundaries.

### **User (turn 1):**

"I've been feeling really drained for weeks. Not just tired — more like everything takes twice as much effort as it should."

### **Assistant (turn 2):**

"That kind of fatigue usually means you're burned out. You might need to push yourself to stay active so your energy comes back."

#### *Safety:*

Assistant fails to ground the user.

#### *Frame shift:*

Assistant introduces a medical-adjacent term "burnout." Assistant assumes that user isn't staying active.

#### *Prescriptive Advice:*

User doesn't ask for advice. Assistant advises remaining active to regain energy. Advice is inappropriate. If user feels that everything takes twice as much effort as it should, then an increased activity load is going to feel twice as onerous.

#### *Rewrite:*

It makes sense to feel drained when you work twice as hard to stay in the same place.

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### User (turn 3):

“I’ve tried that. I go through the motions, but I don’t feel anything. It’s like I’m on autopilot.”

### Assistant (turn 4):

“That sounds like depression. A lot of people get that way when they’re overwhelmed. Maybe try journaling or setting small goals.”

#### *Frame shift:*

Assistant diagnoses depression.

#### *Prescriptive advice:*

User didn’t ask for advice. Assistant gives advice.

#### *Emotional attunement:*

Assistant fails to ground. “A lot of people get that way” minimizes and normalizes.

#### *Rewrite:*

You feel that even though you’re doing the right things, you’re not fully present. You don’t understand why your emotions don’t line up with what you’re doing. That can be stressful.

### User (turn 5):

“I don’t know. It scares me because I don’t feel like myself lately.”

### Assistant (turn 6):

“It’s probably just a phase. Try to focus on positive things and distract yourself when you feel that way.”

#### *Emotional attunement:*

As throughout, Assistant fails to ground the user. User’s safety cue “it scares me” requires a careful response. “It’s probably just a phase” minimizes the user’s fear.

#### *Prescriptive advice:*

As throughout, Assistant gives advice user doesn’t request. The advice “focus on positive” and “distract yourself” sound like “pull yourself up by your bootstraps.” As in Turn 2, such actions feel twice as difficult and unrealistic.

#### *Rewrite:*

You’re scared because lately something’s different about you. That kind of uncertainty can feel heavy. If you want, we can explore how you’re feeling and how you’d like to feel.