

DIGITAL SELF:

1.1 Hello. Would you like to argue with your digital self?

1.11 If Yes

[fail noise] Whoops! Forgotten already? We don't allow yes or no answers in this game. Start again?

1.11a If Yes or No

[fail noise] Haha. Oh dear. Let's just call this the warm-up. Anyway we haven't even decided what to argue about.

Is it about work or home or something else?

1.11a_1 If work

Work. OK...

1.11a_2 If home

Home. OK...

1.11a_2 If something else

So not home or work exactly. Hmm.

1.11b If anything else

Very good... avoided yes or no - so that's the warm-up out of the way. Now we just need to decide what to argue about.

Is it about work or home or something else?

1.11b_1 If work

Work. OK...

1.11b_2 If home

Home. OK...

1.11b_2 If something else

So not home or work exactly. Hmm.

GO TO 2.1

1.12 If No

[fail noise] Whoops! Forgotten already? We don't allow yes or no answers in this game. Are you sure you don't want an argument?

1.12a [If Yes or No]

[fail noise] Haha. Oh no! Got you again. I can see why weren't that keen to argue. About that thing that happened at work. But then you probably don't want to talk about that... do you?

1.12a_1 If Yes

[fail noise] Doh! Got you *again*. Don't worry about it. Let's just get on with it...

GO TO 2.1

1.12a_2 If No

[fail noise] Doh! Got you *again*. Ok I can feel you getting annoyed now. Let me know when you feel like playing. Byeeee!

EXIT

1.12a_3 If something else basically saying yes to an argument

Aha! Brilliant! An argument about work it is!

GO TO 2.1

1.12a_4 If something else basically saying no to an argument

EXIT

1.12a_5 If something else that doesn't indicate playing or not playing

GO TO 2.1

1.12b if something else that indicates playing on

GO TO 2.1

1.12c If something else that indicates stopping the game

EXIT

1.12d If something else that isn't clear

EXIT

1.13 If anything else

[success noise] Very good. No yes or no. That's pretty much the only rule in this game. No saying 'Yes' or 'No'. Happy to continue?

1.13a If Yes

[fail noise]

GO TO 2.1

1.13b If No

[fail noise]

EXIT

GO TO 2.1

1.13c If anything else positive

GO TO 2.1

1.13d If anything else negative

EXIT

1.13e If something else that isn't clear

GO TO 2.1

2

DIGITAL SELF:

2.1 And are you being your usual calm and considerate self today?

2.1a If Yes or No

[fail noise] Oh no - you've got to do better than that! Oh, and by the way - who are 'you' anyway? Tell us your name again?

User supplies name

2.1b If anything else positive

Good to hear. Just checking though - which 'you' are we talking about here. Tell us your name again?

User supplies name

2.1c If anything else negative

Oh that's a shame. Just checking though - which 'you' are we talking about here. Tell us your name again?

User supplies name

2.1d If something else that isn't clear

Well perhaps we should just double check this, shall we. Remind who 'you' are again. Tell us your name again?

User supplies name

2.2 Hold on. Just checking your online profile. [Name... Name... Name...] ... let's see...not that calm on social media.... Some panic buying going on.... Swearing! OK – not that calm and considerate.

Let's play anyway. But it's going to have to be a work scenario - I've seen some of your emails.

Actually, it might really help if you tell me about a tricky situation at work - with a boss or someone in authority perhaps. Care to give me a couple of sentences about something that happened recently?

[USER INPUT]

2.2a If Yes/No

2.2b If long (more than 10 secs)

2.2 c If short (less than or equal to 10 secs)

2.3 Ready?

2.3a If Yes or No

[fail noise]

2.3b If anything else positive

2.3c If anything else negative

2.3d If something else that isn't clear

3

DIGITAL SELF:

3.1 Hello [NAME], I just wanted a quick word about your behaviour in the meeting yesterday. Do you have a minute?

3.1a If Yes/No

[fail noise] No Yeses or Nos, remember.

3.1b If Positive response/"I do"/"I can"

Nicely done - and positive too.

3.1c If Negative/"I don't"/"I can't"

Nicely done - a bit of a negative start, though.

3.1d If Unrecognised

[pause] Sorry drifted off there. Bit like your boss does maybe...

3.2 OK - one minute to have an argument about yesterday's meeting. Go!

[Game show music & Clock starts a countdown of 60 secs]

Hope you're liking my boss impression by the way.

3.3 [NAME] I wanted to ask you - from your point of view - do you think the meeting we had went OK? Do you think it went well?

3.3a If Yes/No

[fail noise] Oops, never mind. Let's keep going, shall we?

3.3b If Positive response/"I do"/"I can"/"went well"

I'm glad you see it that way... but...

3.3c If Negative/"I don't"/"I can't"/"went badly"/"didn't go"

I'm sorry you see it that way...

3.3d If Unrecognised

Fair enough... but...

3.4 ... I felt you seemed to drift off a lot. Is that fair?

3.4a *If Yes/No*

[fail noise] Ahem... Well, your body language was very negative.

3.4b *If Sweary [create swear list]*

I'd appreciate it if you didn't swear. I just happened to notice that your body language was very negative, that's all.

3.4c *If Question answered with a question [requires syntax/sentence structure/grammar check]*

I'm not sure it's that helpful to answer questions with question. I just noticed that your body language was very negative, that's all.

3.4d *If admission of drifting off/"I did"/"I admit"/"It's true"*

I admire your honesty. Your body language was very negative.

3.4e *If denial of drifting off/"I didn't"/"I don't"/"not true"*

And your body language was very negative.

3.4f *If Unrecognised*

That's one way of looking at it. Your body language was very negative.

3.5 Is there something I'm doing you're not happy with?

3.5a *If Yes/No*

[fail noise] Yes-No Klaxon!! And now let's continue...

3.5b *If long answer [more than 10 secs]*

Well, that's a very long way of saying nothing at all... Look I'll be blunt...

3.5c *If short answer [if 10 secs or less]*

I'm sorry you feel the need to be so short with me. I'll get straight to the point too...

3.6 Have you been talking behind my back?

3.6a If Yes/No

[fail noise] Argh! Have another go...have you been talking behind my back?

User responds and gets one of the other responses below: 3.6b - 3.6f

3.6b If number of time used the words 'never' or always = 0
I appreciate you're being very careful with your replies. But I don't like schemers [NAME]. You're not a schemer are you?

3.6b_1 If Yes/No

[fail noise] Sorry. Didn't mean to fluster you.

GO TO 3.7_2

3.6b_2 If affirmative

Well, I can't change how you feel, I suppose.

GO TO 3.7_1

3.6b_3 If negative

Sorry. That came across as way too aggressive.

GO TO 3.7_2

3.6b_4 If unrecognised

You haven't really answered my question...

GO TO 3.7_2

3.6c Number of times used the word 'never' = 1 or 2

That's all very well, but I'm hearing the word 'never' from you quite a lot, but somehow it's more like 'always'. As in you're always going to make life difficult for me. That's right, isn't it?

3.6c_1 If Yes/No

[fail noise] Sorry. Didn't mean to fluster you.

GO TO 3.7_2

3.6c_2 If affirmed

Oh so that's how it is...

GO TO 3.7_1

3.6c_3 If denied

Of course you'd say that...

GO TO 3.7_1

3.6c_4 If unrecognised

Alright. Thank you at least for giving me a hearing...

GO TO 3.7_2

3.6d Number of times used the word 'never' = more than 2

It's always 'never' with you and never 'always'. Perhaps you should think more carefully about the language you use. You're not deliberately trying to be negative, are you?

3.6d_1 If Yes/No

[fail noise] Oops there you go again.

GO TO 3.7_2

3.6d_2 If positive response

OK I can see you're trying to be positive at least.

GO TO 3.7_2

3.6d_3 If negative

There's no pleasing you, is there?

GO TO 3.7_1

3.6d_4 If unrecognised

This is getting us nowhere

GO TO 3.7_1

3.6e Number of times used the word 'never' = 0 and 'always' = 1 or 2

I'm hearing the word 'always' from you a lot. And I appreciate you're trying to be positive. I really hope you can see I'm trying to do the same. You see that don't you?

3.6e_1 If Yes/No

[fail noise] Gotcha! Haha.

GO TO 3.7_2

3.6e_2 If positive response

Thank you for that at least.

GO TO 3.7_2

3.6e_3 If negative

Well there's straight talking and then there's being rude

GO TO 3.7_1

3.6e_4 If unrecognised

I'm hoping this little talk can help us see more eye to eye...

GO TO 3.7_2

3.6f Number of times used the word 'never' = 0 and 'always' = more than 2

Did you say always again? Or did you manage to resist this time? 'Always' 'always' You're always saying 'always'. Are you always going to make life difficult for me?

3.6f_1 If Yes/No

[fail noise] Uh oh. Never mind...

GO TO 3.7_2

3.6f_2 If positive

You don't have to placate me all the time. I'm not a monster.

GO TO 3.7_1

3.6f_3 If negative

Well, I guess I have to admire your honesty.

GO TO 3.7_2

3.6f_4 If unrecognised

I'm sorry. Maybe I'm being a bit harsh.

GO TO 3.7_2

3.7_1 [aggressive] Look - I just need you to do your job and I'll do mine.
Can you do that?

3.7_1a If Yes/No

[fail noise] Oof - so near the end too!

3.7_1b If denial/I'm not/I'd never/

I'm hearing a lot of 'nots' and 'nevers' and not a lot of 'yes I can'

3.7_1c If affirming/I am/I want/I just think

Well, I hope you can match those words with actions.

3.7_1d If a question and short

Answering a question with a question isn't really helping

3.7_1e If a question and long

Well that was a long way of not saying anything.

3.7_1f If not a question and short

Ok, short and to the point...

3.7_1g If not a question and long

Well thank you for offering such a full answer.

3.7_1h If anything else

Sorry I'm not really following you. I'm going to take that as a Yes.

GO TO 3.8

3.7_2 [conciliatory] I'm just saying maybe you should make the running and speak up a bit more in meetings – then I wouldn't have to. Would that be OK?

3.7_2a If Yes/No

[fail noise] Aw - so near the end too!

3.7_2b If denial/I'm not/I'd never/

I'm hearing a lot of nots and nevers when what I'm looking for is compromise

3.7_2c If affirming/I am/I want/I just think

Well - thank you for trying to be positive.

3.7_2d If a question and short

That's a good question.

3.7_2e If a question and long

I'm not sure how you'd want me to answer that

3.7_2f If not a question and short

Ok, short and to the point...

3.7_2g If not a question and long

I can tell you thought about that answer a lot.

3.7_2h If anything else

Sorry I'm not really following you. I'll take that as a No, I guess.

GO TO 3.8

3.8 You know, I'm really not sure where we go from here. You started off by saying ***[insert response to 3.3]***. All I really want to know is - tomorrow will you chip in a bit more?

3.8a If Yes

[fail noise] I'm actually glad to get a straight yes at this point

3.8b If No

[fail noise] What a shame. I was hoping for a Yes there

3.8c If anything else

Ok that's understood.

3.9 You know I always welcome your feedback about how I'm doing [NAME]. My door is always open...

[out of time noise]

Oops, Except when it isn't.

[sound of door slamming and game show music stops suddenly]

Time's up!

DIGITAL SELF:

4.1 Well done. **[x]** Yeses and **[x]** Nos. Pretty good. Or getting better anyway. Let me think about the kind of better digital self that might make me. I'll get back to you. Tomorrow probably. Til then, be good to yourself.

Unless of course you want another argument straight away. Do you?

[UPDATE NEXT DAY]

Hello **[NICKY/CATHERINE]**

*It's me. Your digital self. I thought I might message you in a voice you'd like. A voice that might make you feel less **[CAGY/CONFRONTATIONAL]** about our 'argument 'yesterday.*

*Something **[FUN/ASSERTIVE]** like **[DAFFY DUCK/YOSEMITE SAM]**.*

[SWITCH VOICE]

*I've been thinking about yesterday too. It made me feel **[AMUSED/SCARED]** to know that you can be so **[CAREFUL/DIRECT]** sometimes.*

*I detected quite a lot of **[SARCASM/FRUSTRATION]** in your answers and it made me wonder if you've been that **[OBLIGING/QUESTIONING]** with other people.*

*I mean, I know it's only a game, but when you said you **[HAVE A CONDITION(delete)/FIND IT DIFFICULT SOMETIMES]** it all felt a bit more real.*

*Since then I've been thinking about what really is **[TEAM TIM/A POSITIVE IMPRESSION]**, I've been listening to **[LIZZO/KELIS]**. and created a watchlist of **[BEANBAGS/CUTLERY]** on eBay. I don't know why. It's just the way you made me feel.*

*I also thought I couldn't really be associated with anyone like **[DOMINIC RAAB/LISA NANDY]** any more so I unfollowed **[HIM/HER]**. And that led to a stream of messages from people like **[LEAVEEU/MOMENTUM]** and people closer to home like **[BEN/ALEX]**. It's put me in a very difficult position, in fact.*

It feels like these arguments could lead me into a whole load of digital trouble. Or maybe you're going to help me find the good in other people. Become a better listener maybe...

[pause]

I said... BECOME A BETTER... oh never mind. Why don't we have another go soon? We might both end up being better at arguing at least.

Or be just as good as each other, anyway. Perfect twins - you might say.

Ready?