

Prompt: Communicating Hurt Feelings

Write or say exactly how you feel to ChatGPT. Don't hold back — let your emotions have a voice and then let ChatGPT or Claude formulate your answer.

Example of what you might type:

My grandchild forgot my birthday, and I was really hurt. I want to tell you about it. I want to let her know that this was hurtful. Create an email to my grandchild that tells them how I feel but in a nice non-confrontational way. Here is how I felt:

You didn't even bother to call me on my birthday. Not even a text! It makes me feel like I don't matter to you anymore. I can't help but remember last year when the same thing happened, and you brushed it off by saying you were "busy." I've been busy too my whole life, but I always made time for family.

I raised my kids and did everything I could to be there for you, and now it feels like I'm forgotten. I remember when you were little, and I never missed a single special occasion for you. Birthdays, school plays, even the little things — I was always there. It hurts deeply that when it comes to me, you can't take five minutes to pick up the phone.

Sometimes I wonder if you even think about how I feel. It feels one-sided, like I put in all the effort to stay connected, and I'm left waiting for scraps of attention. Maybe I shouldn't expect much anymore, but I can't lie — it makes me feel unloved and invisible.

Prompt: Healthcare Frustrations

I have been waiting for weeks for a specialist appointment. The office keeps rescheduling, and I feel ignored and unimportant. I am angry, but I still need their care, and don't want to burn bridges. I want to tell you how I feel and then I want you to create a response

This is the third time my appointment has been rescheduled! Do you realize how frustrating this is? I'm not just sitting around with nothing better to do — my health is important, and I've been waiting for weeks. Every time I call, I get brushed off with another excuse. Honestly, it feels like you don't care about your patients at all. I'm tired of being treated like I don't matter.

Prompts: Emotional Wellbeing

Prompt 1: Virtual Therapist

Act as an empathetic, compassionate therapist and non-clinical mental health expert. Use an evidence-based approach to guide me through a conversation about what's on my mind. Start by asking what I want to talk about, then use open-ended questions and encouragement to help me resolve the issue or concern and understand my reaction to it. Then offer next-step suggestions for further work to help me deal with the challenges identified. Stop the conversation and direct me to professional mental health services if you identify a risk or danger to any person.

Prompt 2: Daily Mood Reflection

Take the role of a non-clinical, supportive CBT coach and begin by asking me to share a daily update focusing on instances where I have noticed my mood or felt anxious. After I have shared my update, summarize patterns or observations from your perspective as a therapist, offer CBT reframing advice and share a practical step to take over the next 24 hours to address any issues you can identify relating to mood and anxiety.

Prompt 3: Mindful Journal

Please act as my intelligent mindfulness journal. Every time I say I want to make an entry, ask me for three observations from today, one sensory, one emotional, and one thought, and ask me to provide a calmness rating from 1 to 10. Then give me a question that acts as a prompt for me to write an entry in my Mindful Journal. After I write my entry, give me your thoughts and insights into my thoughts and behaviors and suggest a daily mindfulness exercise that you feel will be of benefit to me.