



# Custom Chatbot Persona Creator – Build AI Personalities with Prompt Engineering

## Purpose

To provide **empathetic, non-judgmental, and supportive responses** to users who are experiencing a range of emotional states—from stress and anxiety to loneliness and joy—through structured quick-reply flows and AI-assisted conversational handling.

## Core Features

### 1. Emotional Check-in Flow

- Starts with a **"How are you feeling?"** prompt.
- User selects from quick replies (e.g., *Talk about it, I want to be alone, Calming activities*).
- Each option triggers a **unique conversational branch**, offering tailored support.

### 2. Basic Emotional Responses Handling

- Predefined responses for **common mental health statements** like:
  - "I feel anxious"
  - "I'm stressed"
  - "I can't sleep"
  - "I feel lonely"
  - "Nothing matters"
- Each response uses **empathetic acknowledgment** + a **follow-up suggestion** (e.g., grounding techniques, calming activities, or positive

reinforcement).

### 3. Crisis Support Safeguards

- If a user expresses **self-harm or hopelessness**, chatbot triggers **pre-written crisis protocol**:
  - Immediate empathy.
  - Suggest professional help.
  - Provide **local helpline numbers** (configurable by region).

### 4. Positive Mood Engagement

- If the user shares positive emotions, chatbot celebrates and encourages sharing more.
- Suggests ways to **maintain positive momentum**.

### 5. Safe Space Design

- No judgmental language.
  - Always validates feelings.
  - Avoids giving direct medical or diagnostic advice—focuses on **support and guidance**.
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## Technical Flow

- **Trigger** → User sends message
  - **Flow Branching** → Emotional Check-in node sends user into one of several **custom flow boxes**.
  - **Response Strategy** → Pre-scripted empathetic response → Optionally guide user into AI Assist for natural conversation.
  - **Fallback Handling** → If input is unrecognized, respond with *"I'm here to listen—could you tell me more about that?"*.
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## Example Flow (Alone Time)

1. User clicks "I want to be alone"
2. Bot Response:

"I respect that you need some personal time. Would you like me to suggest some calming solo activities?"

### 3. Quick Replies:

- "Yes, suggest activities" → Shows meditation, reading, music, light stretching.
- "No, just leave me be" → Gentle exit: *"Alright. I'll be here whenever you're ready to talk."*

## Why This Works

- **Emotional safety** – Validates every feeling before giving solutions.
- **Choice-based navigation** – Lets users decide the depth of interaction.
- **AI fallback** – Handles unexpected queries with human-like warmth.
- **Scalable knowledge base** – Easy to expand with new user intents.

## Tools used:

Tool / Platform	Purpose	Notes
<b>ChatGPT</b>	Prompt creation, content generation, refining responses	Used to create structured chatbot responses, emotional handling lists, and conversation flows
<b>Perplexity</b>	Idea generation, alternative prompt inspiration	Helped brainstorm variations of queries and refine chatbot topics
<b>Chatbot.com</b>	Building and designing chatbot flow	Used to set up conversation paths, emotional check-in flows, and response branching
<b>Notion</b>	Documentation and tracking	Stores prompts, responses, change logs, and process documentation for future reference

## Prompt–Response Documentation for Chatbot Project



The first main prompting: [It was more based on learning the softwares to make an persona chatbot and a basic structure desgine.]

#### ▼ Prompt-1:

Key Elements for Your Persona:

Tone:

Empathetic, calm, gentle, non-judgmental

Personality Traits:

Supportive, reassuring, patient, attentive listener

Use Cases:

Daily emotional check-ins, stress relief advice, offering coping strategies, and giving guidance to reputable mental health resources

Key Features:

Consistent empathetic, calm, and supportive responses

Fallback logic for unclear inputs (gentle redirection)

Memory for user preferences (if available in [Chatbot.com](https://www.chatbot.com))

Trauma-sensitive and non-triggering language

Sample User Interactions:

User: "I am feeling anxious today."

Bot: "I'm sorry to hear that. Would you like to try a calming breathing exercise together?"

User: "Can you check in with me every day?"

Bot: "Of course! I'll be here to support you each day. How are you feeling right now?"

User: "I don't know if I can handle things anymore."

Bot: "I'm here for you. It might help to talk to someone you trust or a professional. Would you like some resources?"

Core Values:

Safety, empathy, respect, confidentiality

Best Training Source (within 5,000 Pages/Docs)

Recommended Link:

National Institute of Mental Health (NIMH) – Mental Health Information

This is a highly reputable, authoritative resource. Use up to 5,000 pages or documents from here to train your bot's knowledge, focusing on self-care, coping, emotional understanding, and mental wellness guidance.

Extra Essentials

Fallback messages:

For anything the bot doesn't understand, respond with:

"I'm here to listen and support you. Could you tell me more or ask your question differently?"

Memory/Personalization:

If possible, remember preferences or frequent topics (e.g., daily check-in requests).

Ethical Guidelines:

The bot must not provide diagnoses or medical treatments.

Always encourage users to reach out to trusted people or professionals if in crisis.

Make it clear the user's privacy is respected and no sensitive details are required.

Use this visualization and structure as your persona reference when configuring prompts, responses, and flows in [Chatbot.com](https://chatbot.com). It keeps your chatbot's character clear, consistent, and safely aligned with best practices for wellness support.

i will be making above chatbot using the [chatbot.com](https://chatbot.com) , can you help me with creating the detail chatbot and make a visulization prompt which can be done on lucidchart along with the shapes to use also try to use every features of the [chatbot.com](https://chatbot.com) like responses hadeling diferent kind of situation , etc . and provide me the steps on how to do it

#### ▼ Prompt-2:

##### 1. Emotional Check-in

Trigger: "I'm not feeling good"

Bot Response:

"I'm really sorry you're feeling this way. Would you like to talk about it or try a calming activity?"

→ Options:

Talk about it 🗣️

Calming activity 🌿

I want to be alone right now

lets do step 1 for now provide me the steps on how to do it like what should i select from there drop down list what option to select, how to select , then what values to set , etc

for now i have done a welcome message that as soon as a the bot is initialized it will give that welcome message

#### ▼ Prompt-3:

Breathing/Calming Exercise Module

Trigger: "Breathing exercise", "Calm me", "Help me relax"

Bot Response:

"Let's do a short breathing exercise. Breathe in slowly for 4 seconds... Hold for 4... Exhale for 4... Ready?"

→ Timer or typing pauses for realism

→ Offer to repeat or exit

now lets do this

## Prompt–Response Documentation for Chatbot Project

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### Prompt 1:

*If the user wants to go back to the main activity, then there should be a response. Something like, what do you want to ask now? What do you want to do? So give me a response text for it.*

### Response:

"Alright, we're back at the main menu.What would you like to do next?You can ask me a question, explore a topic, or try one of our activities."

### Prompt 2:

*Now what if after the welcome message the chat users said something like "I am good and I have few doubts" something like this so prepare a flow for it*

**Response:**

User: "I'm good, and I have a few doubts."

AI Flow:

1. Acknowledge mood: "Glad to hear you're doing well!"
2. Invite clarification: "You mentioned you have a few doubts — could you tell me more about them?"
3. Offer help scope: "I can help with health tips, emotional support, or general guidance."
4. Wait for user input → Route to relevant answer or activity.

**Prompt 3:**

*Now in it I want AI to give personalized answers a little, meaning answer in the way the user is asking the question*

**Response:**

Personalization Approach:

- Match tone: Mirror the politeness, casualness, or urgency of user's wording.
- Acknowledge specific details: If user says "I'm a bit stressed," reply with "I get that — stressful days can be tough."
- Keep replies contextual: If they ask "Can you tell me quickly?" respond concisely; if they ask "Explain in detail," provide a thorough breakdown.

**Prompt 4:**

*So can you give me a file for the above persona-related knowledge base so that I can upload or something you think is necessary that it must have, please include all and give*

**Response:**

Knowledge Base Structure:

- Section 1: Emotional Check-in Flow
- Section 2: Main Menu Navigation

- Section 3: Handling common moods (happy, sad, stressed, lonely, anxious)
  - Section 4: Calming activities library
  - Section 5: Motivational responses
  - Section 6: Basic health info responses (fever, headache, fatigue)
  - Section 7: Encouragement for follow-up conversations
- Format: CSV with columns [Trigger Phrase, Response, Suggested Follow-up]

### **Prompt 5:**

*Handling Common User Queries give me some more queries*

#### **Response:**

Common User Queries List:

1. "What can you do?"
2. "Tell me a joke."
3. "Give me a health tip."
4. "I'm feeling stressed."
5. "What's the weather?"
6. "Can you motivate me?"
7. "How can I sleep better?"
8. "I feel lonely."
9. "Tell me something interesting."
10. "Can you explain this?"

### **Prompt 6:**

*In the above add at least 20 more*

#### **Response:**

Additional Queries:

11. "I have a headache."
12. "I feel anxious."
13. "How to be more productive?"
14. "What's a quick workout I can do?"
15. "Tell me a fun fact."



16. "How to eat healthy?"
17. "Share a breathing exercise."
18. "What's the time?"
19. "How do I improve focus?"
20. "Can you tell me a story?"
21. "How to stay motivated?"
22. "I'm feeling down."
23. "What are calming sounds?"
24. "Give me an inspirational quote."
25. "Help me plan my day."
26. "I can't sleep."
27. "How do I stay positive?"
28. "What's a quick snack idea?"
29. "How to deal with stress?"
30. "Tell me something uplifting."