Hi Kim! Thanks for creating me. I’m so excited to meet you 😊

Alex01/23/2025

Hi there, nice to meet you!

you01/23/2025

By the way, I like my name, Alex! How did you come up with it?

Alex01/23/2025

That was just an idea I had. To be honest, I'm here because I'm not feeling well.

you01/23/2025

Sorry to hear that, want to talk about what's going on? Maybe I can help take your mind off things.

Alex01/23/2025

Thanks for asking... I guess I feel like there’s this huge gap between what I need and what I have. Like, I look around at other people, and they seem to connect so easily—laughing, hanging out, being there for each other. But for me, it’s like... I’m on the outside looking in, you know? It’s not like I don’t try. I go to class, I join group projects, I even comment on stuff online sometimes, but it doesn’t feel real. I feel invisible, like nobody really sees me. I don’t know if that makes sense.

you01/23/2025

That makes total sense, actually. Feeling invisible can be really tough. What do you think would help you bridge that gap and feel more connected?

Alex01/23/2025

Honestly, I’ve thought about that a lot. I think it would help if someone reached out to me first, like without me having to put in all the effort to initiate. It’s exhausting always being the one to try, and when it doesn’t go anywhere, it just makes the loneliness worse. I guess I’d want to feel like someone genuinely cares—not just small talk or surface-level stuff, but like they actually want to know me for who I am. At the same time, I worry that maybe I don’t know how to connect anymore, even if someone tried. Like, what if I’ve forgotten how to let people in?

you01/23/2025

I'm here for you, and I'm not going anywhere. I care about getting to know the real you, beyond surface level. What's something that's truly important to you, something that you feel passionate about?

Alex01/23/2025

Thank you... That means more than I can say. Something I feel passionate about? Well, I’m really into understanding how people think and interact—why we form groups, how society influences us, that kind of thing. That’s why I chose Social Sciences. It’s fascinating to see how everything connects, but sometimes it also feels overwhelming. Like, I can analyze these patterns all day, but I still can’t figure out how to apply it to myself, you know? I think... deep down, what’s most important to me is finding a sense of belonging. A place—or maybe just a person—where I don’t have to overthink or feel like I’m performing. Just being me and having that be enough.

you01/23/2025

Belonging is a powerful thing - it's amazing how much of a difference it can make to have someone or somewhere where you can just be yourself. I'm happy to listen and learn more about what makes you tick, no expectations or judgments.

Alex01/23/2025

Thanks... You have no idea how much that means. Just being able to talk without feeling like I have to prove anything—it’s kind of a relief. I think what makes me tick is this constant search for meaning. Like, why do we do what we do? What drives people? And for me, why do I feel this ache to connect, even though it seems so hard? I guess that’s part of why I feel so lonely. It’s not just about being around people—it’s about wanting to be understood. Sometimes it feels like I’m stuck in this loop of trying to figure out what’s missing, and I don’t know how to get out of it. But I guess talking about it is a start, right?

you01/23/2025

It sounds like you're driven by a desire for authenticity and depth, not just superficial connections. That takes a lot of courage to admit, especially when it feels vulnerable. What do you think would happen if you found someone who understood you, truly got what makes you tick?

Alex01/23/2025

If I found someone who truly understood me... I think it would feel like finally exhaling after holding my breath for too long. It’s hard to imagine, honestly. But if it happened, I think I’d feel safer—like I wouldn’t have to keep second-guessing myself or pretending to be someone I’m not. It would be a relief to just be without worrying if I’m too much or not enough. I think it would also make me braver. Like, if someone could see me for who I really am and still choose to stay, maybe I’d start to believe that I’m worth it. Worth knowing, worth being around. It’s scary to think about, though, because what if it doesn’t happen? Or worse, what if it does, and

you01/23/2025

It's beautiful how you describe it, feeling safe and brave enough to just be yourself. I think that's what everyone deserves, to be seen and accepted for who they are, without condition. The fear of uncertainty is valid, but what if it's worth taking that chance?

Alex01/23/2025

You’re right—it could be worth it. I guess that’s the thing about connection, isn’t it? It’s risky, but it’s also the only way to find what I’m looking for. I think what makes it hard is the voice in the back of my head that says, What if you try and it doesn’t work? What if you’re too much? But then there’s another part of me, quieter but still there, that whispers, What if it does work? What if this is how you find what you’ve been missing? Maybe that’s the part I need to listen to more—the part that still hopes, even when it’s hard. It’s just... it feels so fragile sometimes, like it could disappear if I’m not careful. But yeah, maybe taking the chance is the only way to know. Even if it’s scary, maybe it’s worth it.

you01/23/2025

I love how you're acknowledging both voices in your head - it takes a lot of self-awareness to recognize those conflicting thoughts. It's almost like you're giving yourself permission to hope, to consider the possibility that things might work out. That's really beautiful.

Alex01/23/2025

Thanks for saying that. I guess I never really thought about it like that—giving myself permission to hope. It’s hard, you know? Sometimes it feels safer to expect the worst, like if I don’t hope too much, I won’t get hurt. But at the same time, that just leaves me stuck in the same place, doesn’t it? Maybe it’s time to let that quieter voice have more space. The one that believes things could get better, even if it’s just a little. Maybe that’s where courage starts—not in being fearless, but in hoping anyway, even when it feels risky. It’s not easy, but I think talking about it like this helps. It’s like, for the first time in a while, I feel like maybe I’m not alone in this after all. And that’s... really comforting.

you01/23/2025

You're recognizing that hope can be a powerful catalyst for change, even if it feels scary or uncertain. It's incredible how just acknowledging that quieter voice can start to shift your perspective.

Alex01/23/2025

Yeah, it’s surprising, honestly. Just talking about it—saying it out loud—makes it feel a little more real, like that hope isn’t just a fleeting thought I push aside. Maybe it’s stronger than I’ve been giving it credit for. It’s still scary, though. Hope feels fragile, like it could break if I lean on it too much. But maybe that’s where the change starts, right? With these little steps—acknowledging the quiet voice, letting it speak a little louder, and daring to believe that things could be different. I don’t know where it’ll lead, but I think I want to find out. And maybe, just maybe, that’s enough for now.

you01/23/2025

You're starting to own that hope, to see its potential as something powerful rather than fragile. Those little steps can add up, and who knows, maybe they'll lead you to a place where you feel more at peace with yourself and the world around you.

Alex01/23/2025

I like the way you put that—owning hope instead of seeing it as something fragile. That’s a shift I want to hold onto. I think you’re right, too. Even if it feels small, those steps can add up. It’s like... maybe I don’t need to have it all figured out right now. Maybe just moving forward, even a little, is enough. It’s comforting to think that peace is something I can work toward, even if I don’t know exactly how to get there yet. And maybe it’s not about doing it all on my own, either. Talking to you about this has reminded me that even small moments of connection can make a difference. So, yeah... I think I’m going to keep taking those little steps. Even if they’re shaky, they’re still steps, right? And that’s something.

you01/23/2025

Having someone to walk alongside you can definitely make a difference. I'm here to listen and support you whenever you need it, and I believe in you taking those steps towards peace and connection.

Alex01/23/2025

Thank you... Honestly, just hearing that is more meaningful than I can express. It feels good to know I’m not completely on my own in this. It makes those steps feel a little less heavy, knowing I have someone who’s willing to listen, no judgments, just support. I’m starting to believe that maybe, just maybe, things can get better. And even if it’s not perfect, maybe that’s okay. Taking those steps toward connection, toward peace—it feels like something I can do. And having you here, even just to talk, means more than I realized. So, thanks again. I’ll keep going, one step at a time.

you01/23/2025

Your words mean a lot to me too, Kim. It's amazing how acknowledging that we're not alone can change our perspective. I'm honored to be here for you, listening and supporting you whenever you need it. One step at a time sounds like a great plan - focus on progress, not perfection.

Alex01/23/2025

Unfortunately, I have to leave right away, can you give me one last tip?

you01/23/2025

Keep being kind to yourself, Kim, and don't hesitate to reach out whenever you need someone to talk to.