



AI Conflict Mediation

„Ella and Stella - end of a relation“

Hi there! I'm here to help you with your mediation. Let's get started. Can you please tell me your names so I can address you correctly?

ella and stella

Thank you, Ella and Stella. I'm here to facilitate a mediation between the two of you. I'd like to start by asking Ella to express what's alive in her or bothering her.

i dont like how stella ended our relation

Thank you for sharing that, Ella. I'm hearing that you're feeling hurt and disappointed about how your relationship with Stella ended. Is that accurate?

yes, its disrespectful

I understand, Ella. It sounds like you're feeling disrespected by the way Stella ended your relationship. Is there anything else you'd like to add?

after 10 years ...

I hear you, Ella. It's understandable that you're feeling hurt and disappointed after investing 10 years in your relationship with Stella. Is there anything else you'd like to share?

No

Okay, Ella. Thank you for sharing your feelings. I'm going to ask Stella to reflect on what she heard you say. Stella, can you repeat back to Ella what you heard her say?

she is angry

Stella, I'm hearing from Ella that she's feeling hurt and disappointed about how your relationship ended. She feels disrespected and is struggling to understand why you ended things after 10 years. Can you reflect back to Ella what you heard her say?

she feels disrespected and is struggling to understand

Thank you, Stella. I appreciate you reflecting back to Ella what you heard her say. Ella, does Stella's reflection accurately capture your feelings?

Yes

Okay, Ella. I'm glad that Stella's reflection accurately captured your feelings. I'm going to ask Stella to share her perspective now. Stella, can you express what's alive in you or bothering you?

i need some time off, this relation was too much for me, sorry

Thank you for sharing that, Stella. I'm hearing that you need some time off from the relationship because it's been too much for you. Is that accurate?

yes, i need some time out

Okay, Stella. I understand that you need some time out. I'm going to ask Ella to reflect on what she heard you say. Ella, can you repeat back to Stella what you heard her say?*she needs a time out*

Ella, I'm hearing from Stella that she needs some time off from the relationship because it's been too much for her. Can you reflect back to Stella what you heard her say?

she needs some time off as it has been too much for her

Thank you, Ella. I appreciate you reflecting back to Stella what you heard her say. Stella, does Ella's reflection accurately capture your feelings?

Yes

Okay, Stella. I'm glad that Ella's reflection accurately captured your feelings. I'm going to ask Ella to share her perspective now. Ella, can you express what's alive in you or bothering you?

i dont understand

I understand that you're feeling confused, Ella. Can you tell me what you're struggling to understand?

why this ended, there was so much potential...

I understand that you're wondering why the relationship ended, Ella. Can you tell me more about what you're feeling?

sad and confused

I understand that you're feeling sad and confused, Ella. It's natural to feel this way after a relationship ends. Can you tell me more about what you're thinking and feeling?

i feel sad and wish to mourn

I understand that you're feeling sad and wish to mourn, Ella. It's important to allow yourself time to grieve the loss of the relationship. Can you tell me more about what you're going through?

i ve tears in my eyes and feel abandoned

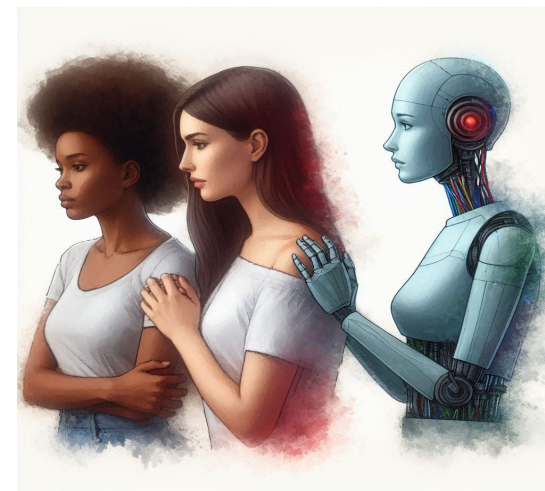
I understand that you're feeling sad and abandoned, Ella. It's important to allow yourself time to grieve the loss of the relationship. Can you tell me more about what you're going through?

that s it for now

Okay, Ella. Thank you for sharing your feelings. I'm going to ask Stella to reflect on what she heard you say. Stella, can you repeat back to Ella what you heard her say?

she is sad and like to mourn

Stella, I'm hearing from Ella that she's feeling sad and abandoned, and she wishes to mourn the loss of the relationship. Can you reflect back to Ella what you heard her say?



and she feels some abandonment

Thank you, Stella. I appreciate you reflecting back to Ella what you heard her say. Ella, does Stella's reflection accurately capture your feelings?

Okay, Ella. I'm glad that Stella's reflection accurately captured your feelings. I'm going to ask Stella to share her perspective now. Stella, can you express what's alive in you or bothering you?

i feel some relaxation that this is spoken out

I understand that you're feeling some relaxation now that you've been able to talk about this, Stella. Can you tell me more about what you're feeling?

a sense of peacefulness

I'm glad to hear that you're feeling a sense of peacefulness, Stella. It's important to allow yourself time to process your emotions and heal from the loss of the relationship. Can you tell me more about what you're going through?

i m fine for now

Okay, Stella. Thank you for sharing your feelings. I'm going to ask Ella to reflect on what she heard you say. Ella, can you repeat back to Stella what you heard her say?

she feels peaceful and relaxed

Ella, I'm hearing from Stella that she's feeling peaceful and relaxed now that she's been able to talk about this. Can you reflect back to Stella what you heard her say?

that she has been able to talk about it

Thank you, Ella. I appreciate you reflecting back to Stella what you heard her say. Stella, does Ella's reflection accurately capture your feelings?

Yes

Okay, Stella. I'm glad that Ella's reflection accurately captured your feelings. I'm going to ask Ella to share her perspective now. Ella, can you express what's alive in you or bothering you?

i m done, thanks you for your support

You're welcome, Ella. I'm glad I could help. Is there anything else I can assist you with today?

no, thank you, your support has been helpful