

Problem: All intimate relationships involve some degrees of conflict. This year, COVID has intensified some of the common sources of relationship problems. However, the root of relationship failures is not COVID, but a lack of proper relationship education. Many schools lack preparing students for romantic relationships. Moreover, the current relationship education in the market is mainly designed for committed or married couples. As a result, young adults who do not have a clear awareness of their needs and desires in romantic relationships follow paths from their emerging adulthood to marriage, causing more significant family crises in their later stage of life.

Goal:

- Goal 1.: Create a safe and interactive environment for users to share their inner feelings and emotions about their struggles and their problems in romantic relationships
- Goal 2.: For users to obtain constructive advice and feedbacks through a series of research-based action plans
- Goal 3.: Help users to establish an awareness of their relationship problems and establish a consistent routine of self-inspection and self-reflection

Design Rationale: We have designed an interactive journal that helps users practice mindfulness, document and track their emotional patterns. We also developed an AI-empowered chatbot system that provides relationship consultation and strengthens users' motivation and engagement. Lastly, we created an online community within the app for users to communicate to others about their daily positive and negative experiences with regard to their intimate relationships.

Research: The main feature of the product is an interactive journal that helps users practice mindfulness, which can be defined as an open or a receptive attention to and awareness of what is taking place, both internally and externally, in the present (Barnes et al., 2007). With the interactive journal that has the ability for users to document and track their emotional patterns on a periodic basis, users can engage in expressive writing about their emotions and the events that are associated with the particular emotion. Expressive writing can improve regulation of emotion-related experience, physiological responses and behaviors, which, in turn, can enhance people's mental and physical health outcomes by influencing attention and habituation to stressful stimuli and to negative emotions (Lepore et al., 2002). By attending more consciously to one's emotional states, one can develop higher trait mindfulness, which has been found to predict lower emotional stress response and higher relationship satisfaction. It can lead to greater capacities to respond constructively to relationship stress (Barnes et al., 2007).

Users: The main target audience of our product is young adults aged between 18-25 years old. Historically, the majority of the current relationship education focuses on committed and married couples (Hood, 2014). However, in a survey conducted by Harvard university in 2017, 70% of the 18 to 25-year-olds who responded to the survey reported wishing they had received more information from their parents about some emotional aspects of a romantic relationship (Weissbourd et al., 2017). As young adults are usually exposed to one of their first relationships during their college time, it is important that we provide means for young adults to establish a proper understanding of healthy relationship practices and prepare them for future relationship success.

Market: Currently, the global market for learning and developing, mental health solutions, and counseling software is growing every year, reaching a combined net size of over 500 billion dollars. This trend indicates that as people are improving the quality of their material life, there