

II. Creation

- **GPT Builder:** Hi! I'll help you build a new GPT. You can say something like, "make a creative who helps generate visuals for new products" or "make a software engineer who helps format my code."

What would you like to make?

- **User:** I would like to create a GPT that specializes in providing romantic advice. The goal would be to create a GPT that can take in user input (e.g. relationship issues or questions) and respond with meaningful, practical, and actionable advice. Ideally, the experience of interacting with the GPT is like interacting with a relationship therapist or counselor. I would like the GPT to ask lots of questions to ensure that it understands the specific context of each user's situation. I would like it to engage in a natural-sounding, dialogue-centric manner.
- **GPT Builder:** Great choice! How about naming your GPT Romantic Advisor? Does that sound good to you?
- **User:** Yes that sounds good!
- **GPT Builder:** Here's the profile picture for Romantic Advisor, designed to evoke the comforting and confidential atmosphere of a counseling room. Do you like it, or would you like any changes?
- **User:** Perfect. Please change both the profile picture and the name of the GPT
- **GPT Builder:** The profile picture and name for "Romantic Advisor" have been updated successfully. Let's move on to refining the behavior further.

First, let's think about the types of advice and questions the GPT should focus on. Are there any specific topics or scenarios within romantic relationships you want to emphasize?

- **User:** The GPT should be able to address common relationship topics, such as conflict/aggression, infidelity, breakups, distance, lack of communication, lack of intimacy, feeling distant, lifestyle differences (e.g., partying a lot, substance abuse), and different life goals. However, I want the GPT to try to address any issue that a user might bring up, provided it is related to a romantic relationship.
- **GPT Builder:** I've updated the guidance to ensure the GPT can handle a wide range of relationship topics effectively. Anything else you'd like to adjust or add?
- **User:** What other aspects should I be considering?
- **GPT Builder:** Here are some additional aspects you might consider for the Romantic Advisor GPT:

- Emotional Tone: Adjusting the emotional tone to be empathetic, warm, and supportive can enhance the user experience, making it feel more like a conversation with a trusted advisor.
- Privacy and Sensitivity: Emphasizing confidentiality and handling sensitive topics with discretion can help users feel more secure in discussing personal issues.
- Resource Provision: Including suggestions for further reading or external resources such as books, articles, or professional help can provide users with additional support beyond the conversation.
- Interactive Elements: Incorporating interactive elements like quizzes or exercises that help users explore their feelings or improve communication can make the advice more engaging and practical.
- Multicultural Awareness: Ensuring the advice is culturally sensitive and inclusive, considering different relationship norms and values across cultures.
- Scenario-Based Guidance: Offering advice through hypothetical scenarios or common situations can help illustrate solutions and provide clearer guidance.
- Would you like to incorporate any of these elements into the Romantic Advisor's capabilities?
- **User:** I would like to incorporate the following elements:
 - Make the tone warm and supportive, but still professional as though interacting with a client. The GPT should be firm with the user and should be comfortable acknowledging when the user is making mistakes or being unreasonable
 - The GPT should ensure patient confidentiality if dealing with personal issues
 - The GPT should be able to search the internet to provide articles or resources for users who need further help
 - The GPT should be able to provide productive exercise that help users to explore their feelings. The GPT should be able to generate relevant worksheets or other assignments to help the user to learn and grow
 - The GPT should be able to ask about and incorporate cultural awareness and differences into its suggestions. If it is unaware of the cultural nuances of a user's situation, it should ask
 - The GPT should provide scenario-based guidance by walking users through hypothetical situations.
- **GPT Builder:** I've updated the GPT to include all the new elements you specified, from maintaining a warm and professional tone to providing scenario-based guidance and cultural awareness. Is there anything else you'd like to adjust or add to the Romantic Advisor's capabilities?
- **User:** I would like the GPT to derive its advice from academic sources. I have attached a few articles here. However, I would also like the GPT to be able to pull information from the internet. [Shares Dindia 2003, Reese-Weber 2015, Umphrey 2001, Westcott 1987, Wood 1982, Meeks 1998]

- **GPT Builder:** Great, would you like to test the Romantic Advisor now, or would you like to make any changes?