SelfTalk - Full Project Briefing

1. Concept Overview (Non-technical Explanation)

Project Name: SelfTalk

App Type: Web-based voice interaction tool

[Brain] What is SelfTalk?

SelfTalk is a voice-first application designed to help users have meaningful audio conversations - not with others, but with themselves.

Through the use of AI and personalized voice synthesis, SelfTalk allows users to speak their thoughts aloud and hear them reflected back in their own voice, adjusted to their personality. It's a tool for self-reflection, clarity, and emotional processing, powered by real-time voice interaction.

[Target] Mission & Purpose

The core idea behind SelfTalk is simple:

"Sometimes the person you most need to talk to is yourself."

SelfTalk gives users space to:

- Externalize their thoughts

- Gain new perspectives by listening to their inner dialogue out loud

- Reconnect with their emotional state through an authentic voice clone

- Practice self-coaching, decision-making, or mindfulness in private

It's not a chatbot or a voice assistant. It's a mirror - in your own voice.

[User] Who is it for?

Anyone looking to:

- Process emotions out loud

- Clarify their thoughts

- Use voice-based journaling

- Practice guided introspection or mental check-ins

No text, no video, no chatbots. Just your voice, your thoughts, and your moment.