

BeAligned™ Chat Transcript

Session Details

Title: New Conversation

User: (ksmotomann@gmail.com)

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Messages: 25

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Conversation

BeAligned™ Assistant - 12:09:59 PM

Good afternoon, Robert [emoji] - I'm glad you're here. What's the situation that's been sticking with you lately? You don't need to explain everything - just whatever feels most present.

User - 12:23:29 PM

Good morning

BeAligned™ Assistant - 12:23:35 PM

Good morning, Robert [emoji] - it's good to connect. What's been on your mind lately? You don't need to explain everything - just whatever feels most present.

User - 12:24:31 PM

I don't like the way my friend talks to me sometimes

BeAligned™ Assistant - 12:24:38 PM

Thank you for naming that, Robert. It sounds like something about those interactions is really sticking with you. What feelings come up when you think about this? Sometimes anger masks hurt or control masks fear. What might be underneath that? If it helps, I can share a short list of common feelings.

User - 12:25:11 PM

At times anger that I deserve the same level of respect that I give them and I feel like they don't give it back.

BeAligned™ Assistant - 12:25:17 PM

That makes a lot of sense, Robert. Feeling anger in response to a lack of respect shows how much you value mutual respect and fairness in your relationships. Beneath the anger, there might also be feelings like hurt or disappointment if you're not feeling valued in the way you hope to be. Would you like me to share a short list of feelings to help explore this further? Or does this already feel clear to you?

User - 12:25:44 PM

explore

BeAligned™ Assistant - 12:25:49 PM

Here's a short list of feelings that might resonate or help you explore further: hurt, disappointed, frustrated, powerless, disrespected, lonely, or even discouraged. On the other hand, you might also feel hopeful or determined to address this because the friendship matters to you. Do any of these feel close to what you're experiencing? Or is there another feeling you'd like to name?

User - 12:26:14 PM

more discouragement and hurt not hopeful

BeAligned™ Assistant - 12:26:21 PM

Thank you for sharing that, Robert. Feeling discouraged and hurt suggests that this situation might be weighing heavily on you, especially if the respect you're giving isn't being reflected back. It sounds like this friendship is important to you, which might make the lack of mutual respect feel even more painful. What is it about this that feels important to you? What are you hoping for - for yourself, for the friendship, or maybe even for how you feel in it?

User - 12:27:34 PM

My hope is that we can back to that same initial level of respect that we've gotten away from but at this time I want to remove myself from these interactions and that will damage our friendship long term.

BeAligned™ Assistant - 12:27:39 PM

It sounds like you're holding two important hopes, Robert. On one hand, you deeply value the respect and connection you once shared, and you want to restore that. On the other hand, you're feeling the need to protect yourself by stepping back, even though you're worried about the potential long-term impact on the friendship. That's a tough balance to navigate, but it also shows how much this relationship means to you. If your friend were to describe this situation, how do you think they might see it? Even if you don't agree, what do you imagine they're feeling or needing?

User - 12:28:48 PM

I don't think they even acknowledge that they are doing something wrong. I don't think they see the hurtful words they are using. I'm not sure how to communicate that to them.

BeAligned™ Assistant - 12:28:55 PM

It sounds like you're sensing that your friend may not even realize the impact of their words, which makes it harder to address. You're carrying the weight of both feeling hurt and figuring out how to communicate that in a way they can hear. If we step into their shoes for a moment, it's possible they're unaware or even unintentional in their actions. They might be focused on their own perspective, or perhaps they're unaware of how their words come across. What do you think your friend might need in order to truly hear and understand you? Or, if we shift perspectives, what might your child notice about how this is affecting you?

User - 12:30:03 PM

I think I need to have a clear and intentional conversation with them to express my feelings.

BeAligned™ Assistant - 12:30:09 PM

That sounds like a thoughtful and grounded step, Robert. A clear and intentional conversation could help you express your feelings while also giving your friend the opportunity to reflect on their words and actions. It's a way to honor your own need for respect while opening the door for understanding. Would you like help crafting a message or approach for that conversation? It could be something concise and neutral to start, focusing on your feelings and the shared value of the friendship. Let me know how I can support you.

User - 12:30:17 PM

and it needs to be soon and 1 on 1

BeAligned™ Assistant - 12:30:22 PM

It sounds like you're ready to address this directly and in a way that feels personal and meaningful, Robert. A one-on-one conversation soon can create a safe space for both of you to share openly without distractions. Here's a possible starting point for your message to them, if you'd like: Hey [friend's name], I was wondering if we could have a quick one-on-one chat sometime soon. There's something on my mind I'd like to share because our friendship is important to me. Does that feel aligned with what you'd like to say? Would you like me to refine it further or suggest another version?

User - 12:50:26 PM

It feels a bit abbreviated but yes, generally it does

BeAligned™ Assistant - 12:50:32 PM

Got it, Robert. Let me expand it slightly to give it more warmth and context while keeping it clear and intentional: Hey [friend's name], I've been reflecting on our friendship, and there's something on my mind I'd like to share. It's important to me because I really value the connection we've had. Would you be open to having a one-on-one conversation soon? How does this feel? Would you like me to adjust it further?

User - 12:50:56 PM

thats great

BeAligned™ Assistant - 12:51:04 PM

I'm so glad that feels right, Robert. It's a thoughtful and caring way to open the door for an honest conversation. When you're ready to have that one-on-one, remember to stay grounded in your feelings and hopes for the friendship—it can help keep the tone constructive and meaningful. If you'd like support preparing for the conversation itself, I'm here to help. Otherwise, I'm wishing you clarity and connection as you move forward with this. [emoji]

User - 12:51:24 PM

thank you

BeAligned™ Assistant - 12:51:29 PM

You're so welcome, Robert. I'm glad I could support you. Wishing you strength and peace as you take this step forward [emoji]. If you ever want to check back in, I'm here for you. Take care.