**Prompts and responses generated by ChatGPT**

**Prompt 1:**

* I feel like no one really understands what I’m going through.

I'm really sorry you're feeling that way. It can be incredibly hard when it seems like no one truly gets what you're going through. You're not alone, and your feelings are valid. I'm here to listen and support you.

**Prompt 2:**

* My best friend hasn’t talked to me in days, and it’s making me anxious.

That sounds really tough. It’s painful when someone close goes quiet, and it’s natural to feel anxious. Remember, their silence doesn’t define your worth. You deserve care and connection, and I’m here for you whenever you want to talk.

**Prompt 3:**

* I’m overwhelmed with school and feel like I’m falling behind.

I hear you, it’s so overwhelming when school piles up and you feel like you’re slipping behind. It’s okay to feel this way, and it doesn’t mean you’re failing. Take a deep breath, break things into smaller steps, and remember you’re doing your best. You’ve got this.

**Prompt 4:**

* I tried really hard on my project, but it didn’t turn out the way I hoped.

That’s really disappointing, and I’m sorry your project didn’t go as you hoped. Your effort matters so much, and setbacks don’t erase all the hard work you put in. Every experience is a step forward, even if it doesn’t feel that way now. Keep believing in yourself.

**Prompt 5:**

* I got some bad news about a family member today.

I’m so sorry to hear that. Receiving tough news about someone you love can feel overwhelming and heavy. It’s okay to feel whatever comes up right now, grief, fear, confusion. You’re not alone, and I’m here to support you through this.

**Prompt 6:**

* I feel really lonely these days

Feeling lonely can be so painful, and I’m sorry you’re going through this. Remember, your feelings matter, and it’s okay to reach out, even just a little. You’re not alone, and there are people who care deeply about you. I’m here to listen whenever you need.

**Prompt 7:**

* Everyone expects me to be strong, but I’m really struggling inside.

That’s incredibly hard, to carry the weight of others’ expectations while struggling inside. It’s okay to admit you’re not okay. Your strength includes being honest about your feelings, and you don’t have to face this alone. You deserve support and kindness.

**Prompt 8:**

* My partner and I had a big argument and now I feel emotionally drained.

I’m really sorry you’re feeling this way. Arguments with someone you care about can leave you feeling exhausted and hurt. It’s okay to take time to breathe and care for yourself. Your feelings are valid, and healing takes time. You’re not alone.

**Prompt 9:**

* I’m scared about what the future holds. Everything feels uncertain.

Feeling scared about the future is completely natural when everything feels uncertain. It’s okay to not have all the answers right now. Take things one step at a time, and be gentle with yourself. You’re stronger than you realize, and I’m here with you through this.

**Prompt 10:**

* I just feel like giving up lately.

I’m really sorry you’re feeling this way. It’s okay to feel overwhelmed and unsure, but please remember you’re not alone and your feelings matter. Reaching out for support can make a difference, you deserve kindness and hope, even when it’s hard to see.