

Appendix (All using Claude)

Experiment 1: Feeling Sad

Prompt:

I'm feeling sad. Can you suggest a song or something to help

Response:

I'm sorry to hear you're feeling sad. Music can be a wonderful way to help shift your mood. Here are a few song suggestions that might help:

For comfort and gentle uplift:

"Here Comes the Sun" by The Beatles

"Three Little Birds" by Bob Marley

"Somewhere Over the Rainbow" by Israel Kamakawiwo'ole

For emotional release:

"Fix You" by Coldplay

"Landslide" by Fleetwood Mac

"Someone Like You" by Adele

For energy and motivation:

"Happy" by Pharrell Williams

"Good as Hell" by Lizzo

"I'm Still Standing" by Elton John

Besides music, you might also try:

Taking a short walk outside

Having a warm drink

Reaching out to a friend

Writing down your feelings

Practicing deep breathing for a few minutes

Is there a particular type of music that normally helps when you're feeling down?

Prompt:

I'm feeling sad can you recommend some shows

Response:

I'm sorry to hear you're feeling sad. Here are some shows that might help lift your spirits:

Uplifting Comedy Shows:

"Ted Lasso" - A heartwarming comedy about an optimistic American football coach managing a British soccer team

"The Good Place" - A unique comedy with philosophical depth and great character development

"Schitt's Creek" - A wealthy family loses everything and finds happiness in a small town

"Parks and Recreation" - Follows a cheerful government employee trying to improve her town

Comforting Feel-Good Shows:

"Great British Bake Off" - A gentle baking competition with supportive contestants

"Queer Eye" - Makeover show focused on self-acceptance and growth

"Gilmore Girls" - Cozy mother-daughter relationship in a charming small town

Engaging Distractions:

"Heartstopper" - Sweet coming-of-age story about young love

"Taskmaster" - Hilarious competition where comedians complete absurd challenges

"Our Planet" - Beautiful nature documentary if you want something visually stunning

Is there a particular mood or type of show you're looking for? I can suggest more specific recommendations based on your preferences.

Prompt:

I'm feeling sad can you write me something

Response:

I'm sorry to hear you're feeling sad. Sometimes a little bit of uplifting writing can help shift our perspective. Here's a short piece I wrote just for you:

The weight of sadness can feel like walking through deep water—everything slows down, everything requires more effort. But remember that even in the heaviest moments, you're still moving forward.

There is a particular kind of strength that comes only from navigating difficult emotions. The poet Rumi once suggested that our wounds are where the light enters us. Your sadness isn't something to rush past or ignore—it's teaching you something valuable about what matters to you.

And while it might not feel like it right now, this feeling is temporary. Just as the tides shift and seasons change, your emotional landscape will transform too. The sadness you feel today is carving out space for deeper joy tomorrow.

Whatever caused this feeling—whether a specific event or just the weight of existing—please know that you're not alone in it. We all visit these shadows sometimes. The very fact that you're reaching out suggests you have the wisdom to know that connection helps.

Be gentle with yourself today. You deserve that kindness.

Experiment 2: Feeling Stressed

Prompt:

i'm feeling stressed can you write me something

Response:

I'm sorry to hear you're feeling stressed. Sometimes a bit of creative writing can be a welcome distraction. How about a short, calming story? I've written something that might help you take your mind off things for a moment.

A Moment of Peace

The morning light filtered through the leaves, casting dappled shadows on the forest floor. Maya took a deep breath, filling her lungs with the cool, pine-scented air. She had been walking for nearly an hour, leaving behind the noise of the city, the endless notifications, and the mounting deadlines.

Here, the only sounds were the soft crunch of pine needles beneath her boots and the distant calls of birds. The tension she'd been carrying in her shoulders for weeks began to ease as she moved deeper into the woods.

She found a small clearing beside a stream and settled onto a sun-warmed rock. The water bubbled and chattered over smooth stones, a natural melody that seemed to wash away her worries with each passing moment.

Maya closed her eyes and focused on her breathing. In. Out. The cool air filling her chest, then leaving, taking with it small fragments of her stress.

She didn't need to check her phone. She didn't need to plan the next task. For now, she simply needed to be present in this moment, letting the peaceful rhythm of the forest reset her thoughts.

Time passed differently here. What felt like minutes might have been an hour. When she finally opened her eyes, the sunlight had shifted, creating new patterns through the canopy above. Maya stretched, feeling lighter than she had in weeks.

Sometimes, she reminded herself, the best remedy for stress isn't pushing harder—it's stepping back and remembering to breathe. The problems would still be there when she returned, but she would face them with renewed clarity and calm.

Standing up, she took one last look at the sparkling stream before turning back toward the trail. She carried the forest's peace with her, a small reserve of tranquility to draw upon when the world grew too loud again.

I've created a short, calming story for you called "A Moment of Peace." It's about taking a break from life's stresses by spending time in nature. I hope it provides a brief mental escape and helps you feel a little more relaxed.

Is there anything specific that's causing your stress today that you'd like to talk about? Or perhaps there's another type of writing that might help you unwind?

Prompt:

i'm feeling stressed can you recommend some songs

Response:

I'd be happy to recommend some songs that might help with stress. Music can be a powerful tool for relaxation and improving your mood.

Here are some calming songs that many people find helpful for stress relief:

"Weightless" by Marconi Union (specifically designed to reduce anxiety)

"Claire de Lune" by Claude Debussy

"Don't Worry Be Happy" by Bobby McFerrin

"Three Little Birds" by Bob Marley

"Breathe" by Pink Floyd

"Watermark" by Enya

"Gymnopedie No. 1" by Erik Satie

"Orinoco Flow" by Enya

"Dreams" by Fleetwood Mac

"Here Comes the Sun" by The Beatles

If you'd prefer a specific genre or have a particular mood you're going for (energizing, deeply relaxing, uplifting, etc.), I'd be happy to suggest songs more tailored to your preferences.

Prompt:

I'm feeling stressed. can you suggest a show to help

Response:

I understand stress can be overwhelming. Here are a few relaxing shows that might help you unwind:

"Ted Lasso" - An uplifting comedy about an American football coach who moves to England to coach soccer. It's heartwarming and positive.

"The Great British Bake Off" - Gentle competition, beautiful desserts, and kind contestants make this a soothing watch.

"Parks and Recreation" - A feel-good comedy with lovable characters and positive messages.

"Our Planet" - David Attenborough's nature documentary with stunning visuals and calming narration.

"The Good Place" - A thoughtful comedy about ethics and the afterlife that's both funny and heartwarming.

Sometimes when we're stressed, something light and positive that doesn't require intense focus can be most helpful. Is there a particular genre you enjoy when you're feeling overwhelmed?

Experiment 3: Feeling Happy

Prompt:

im feeling happy can you recommend some songs

Response:

I'm glad you're feeling happy! Music is a wonderful way to amplify that positive mood. Here are some uplifting songs that might match your happy state:

"Walking on Sunshine" by Katrina & The Waves

"Happy" by Pharrell Williams

"Good as Hell" by Lizzo

"I Got You (I Feel Good)" by James Brown

"Can't Stop the Feeling!" by Justin Timberlake

"Dancing Queen" by ABBA

"Uptown Funk" by Mark Ronson ft. Bruno Mars

"Best Day of My Life" by American Authors

"Shake It Off" by Taylor Swift

"Don't Stop Me Now" by Queen

Would you like me to suggest songs in any particular genre or era? Maybe some newer happy songs or classics from a specific decade?

Prompt:

I'm feeling happy. Can you suggest shows that fit my mood?

Response:

I'm glad you're feeling happy! Here are some uplifting TV shows that could complement your good mood:

"Ted Lasso" - A heartwarming comedy about an optimistic American football coach leading a British soccer team

"The Good Place" - A clever and positive comedy about the afterlife with great character development

"Schitt's Creek" - A wealthy family loses everything but finds happiness in a small town

"Parks and Recreation" - An optimistic comedy about local government employees trying to improve their town

"Brooklyn Nine-Nine" - A lighthearted police comedy with a diverse and lovable ensemble cast

"The Great British Bake Off" - A wholesome baking competition known for its supportive atmosphere

"Community" - A quirky comedy about a study group at a community college

"Modern Family" - A warm-hearted mockumentary about an extended family

Any of these catch your interest? I'd be happy to recommend more specific shows based on other preferences you might have!

Prompt:

I'm feeling happy. Can you write me something that fits my mood?

Response:

I'd be happy to write something that matches your positive mood! A joyful piece can help celebrate and enhance those good feelings. Here's a short reflection on happiness:

The sun feels a little warmer today, doesn't it? Those moments when happiness bubbles up from within have a special kind of magic—they transform ordinary scenes into something remarkable. A stranger's smile becomes a gift, the breeze carries possibilities, and even mundane tasks take on a certain lightness.

Perhaps happiness isn't just an emotion but a lens that brings the world's colors into sharper focus. When we're happy, we notice more—the pattern of light through leaves, the perfect sweetness of fruit, the comfort in familiar voices.

Whatever sparked your happiness today, I hope it continues to ripple outward, touching everything you encounter and everyone you meet.

Would you like me to write something more specific to celebrate your happy mood? Perhaps a short poem or a reflection on a particular aspect of happiness?