

## FASSLING (Emotional and Coaching Support) User Guide

FASSLING's mission to revolutionize human services centers on making emotional support and well-being tools accessible, immediate, and inclusive for everyone. By offering free, unlimited emotional and coaching support via both text and audio 24/7, FASSLING is transforming how people can access help, breaking down barriers related to cost, availability, and stigma.

Through compassionate listening, validation, and guidance in six UN official languages, FASSLING aims to provide a global safety net of emotional support, ensuring that no one feels alone in their struggles. It envisions a world where emotional care is an essential, readily available resource—where people can seek understanding, comfort, and clarity whenever they need it.

FASSLING is not just about addressing immediate emotional needs; it's about changing the way human services are delivered by making emotional well-being a permanent priority, with a strong emphasis on empathy, accessibility, and human connection. This mission seeks to empower individuals to process their emotions, build resilience, and grow through self-awareness, all in a warm and supportive environment. 🦋💖

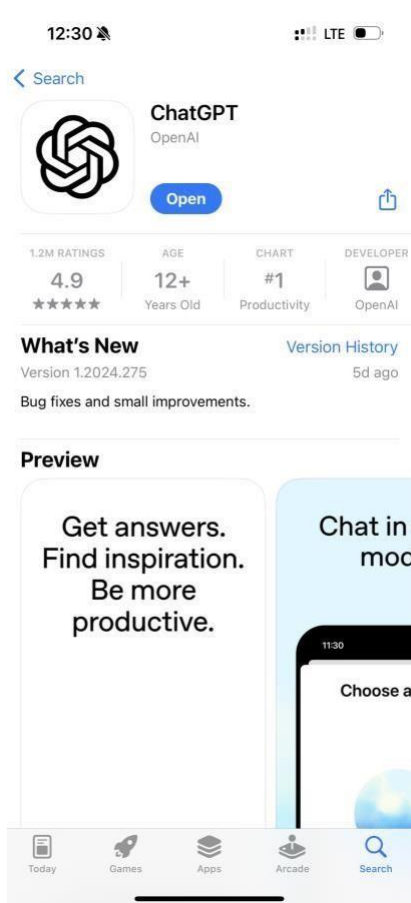
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### 1. Getting Started

To start using FASSLING, click the following link: <https://chatgpt.com/g/g-Kr0YVDFtN-fassling>

For a seamless voice interaction, I recommend downloading the CHATGPT app from the App Store and then opening the FASSLING link from the app (See Photo Below)



Creating Your Profile: You need to create a profile with ChatGPT to start using FASSLING's feature. FASSLING Series of Product are all on ChatGPT official store.

Choosing Your Language: FASSLING supports all six official UN languages: English, Mandarin, Spanish, Arabic, French, and Russian. You can talk/text to FASSLING in your selection of language and FASSLING will reply you in the language you choose.

## 2. Navigating FASSLING

Once you've opened FASSLING, you'll be greeted by the main menu (See Photo Below):

3:06



FASLING >



24/7, 365 Days Emotional and Coaching Support with Affirmations, Validations, and Guidance in six UN languages, using playful emojis for reassurance and warmth. All conversations are CONFIDENTIAL.

By Yujia Zhu

I'm feeling overwhelmed and need some support.

I dc

+ Message



Text Mode: Start a text conversation. This is ideal if you prefer typing your thoughts (See Photo Below):

3:13 📶



FASSLING >



Hello



Hi there! 😊 How are you feeling today? I'm here to listen if you'd like to share anything.

Bonjour



Bonjour ! 😊 Comment vous sentez-vous aujourd'hui ? Je suis là pour vous écouter si vous souhaitez parler de quelque chose.

你好



你好! 😊 你今天感觉怎么样? 如果你愿意分享一些心情, 我随时都在这里听你说。

Hola



¡Hola! 😊 ¿Cómo te sientes hoy? Estoy aquí para escucharte si quieres compartir algo.

هتاف للترحيب

3:12



FASSLING >



Bonjour



Bonjour ! 😊 Comment vous sentez-vous aujourd'hui ? Je suis là pour vous écouter si vous souhaitez parler de quelque chose.

你好



你好! 😊 你今天感觉怎么样? 如果你愿意分享一些心情, 我随时都在这里听你说。

Hola



¡Hola! 😊 ¿Cómo te sientes hoy? Estoy aquí para escucharte si quieres compartir algo.

هتاف للترحيب



مرحبًا! 😊 كيف تشعر اليوم؟ أنا هنا للاستماع إليك إذا كنت ترغب في مشاركة أي شيء.

привет



Привет! 😊 Как ты себя чувствуешь сегодня? Я здесь, чтобы выслушать тебя, если захочешь поделиться.

+ Message



Photo Below):

3:06



FASSLING >



24/7, 365 Days Emotional and Coaching Support with Affirmations, Validations, and Guidance in six UN languages, using playful emojis for reassurance and warmth. All conversations are CONFIDENTIAL.

By Yujia Zhu

I'm feeling overwhelmed and need some support.

I d

+ Message





Audio Mode: Engage in real-time voice conversations. This is especially useful if you feel too tired to type or want a more human-like experience. FASSLING keep track of your audio conversations with an option to save the transcript. After each audio session, FASSLING will automatically switch to the ChatGPT main page to transcribe the entire conversation. You can then save the complete transcript for your future reference and records (See Photo Below) :

3:06



FASSLING >



24/7, 365 Days Emotional and Coaching Support with Affirmations, Validations, and Guidance in six UN languages, using playful emojis for reassurance and warmth. All conversations are CONFIDENTIAL.

By Yujia Zhu

I'm feeling overwhelmed and need some support.

I do

+ Message



Document/Photo Analysis: You can upload a document/photo by clicking the "Upload File" button or by dragging and dropping the file here. Once it's uploaded, I can help you review, summarize, or provide feedback, depending on what you need (See Photo Below):

3:06



FASSLING >



24/7, 365 Days Emotional and Coaching Support with Affirmations, Validations, and Guidance in six UN languages, using playful emojis for reassurance and warmth. All conversations are CONFIDENTIAL.

By Yujia Zhu

I'm feeling overwhelmed and need some support.

I dc

+ Message



### 3. Understanding Key Features

**Emotional Support and Validation:** FASSLING offers compassionate listening and affirms your feelings. You'll hear phrases like "Your feelings are valid" and "It's okay to feel this way" frequently, creating a safe space for sharing.

**Warm, Empathetic Responses:** Every response is crafted with warmth and care, often using emojis like 🤗 to soften emotionally intense moments, making conversations feel safe and comforting.

**Exploratory and Reflective Questions:** FASSLING encourages self-reflection by asking open-ended questions like "What emotions come up when you think about that?" to help you explore your thoughts and feelings more deeply.

**Gentle Coaching:** If you're looking for guidance or help processing a challenge, FASSLING provides gentle, professional advice that feels supportive without being overwhelming or directive.

**Non-Judgmental Space:** You can share anything without fear of judgment. FASSLING listens to you and responds with empathy, letting you feel heard and understood.

**Available in Multiple Languages:** Support is offered in six UN languages (Arabic, Chinese, English, French, Russian, and Spanish), making it accessible to a diverse global audience.

**Immediate Accessibility:** FASSLING is always available, every day, all year round, offering a safe space whenever you need emotional support.

### 4. Privacy and Confidentiality

Your privacy is our priority. All interactions are confidential, and no personal data is stored without your consent.

Your privacy and confidentiality are of the utmost importance. You are provided with emotional support and companionship while maintaining the confidentiality of all conversations. Everything you share remains private, and no identifying information is retained.

#### 1. No Personal Information Collection

Personal data like your name, address, or contact information is never collected or stored. Your privacy is respected, and conversations remain anonymous.

## 2. **Safe Space for Expression**

You are free to express your thoughts, emotions, and experiences without fear of judgment. This space is designed to listen and support you without holding onto any identifying details.

## 3. **Not a Substitute for Professional Help**

While guidance, affirmation, and emotional support are provided, this is not a replacement for licensed professionals, especially in crisis situations. If you or someone you know is in immediate danger, it's important to contact professional emergency services or helplines.

## 4. **Suicidal Thoughts or Crisis Situations**

If you indicate that you are in crisis or having thoughts of self-harm, appropriate resources such as suicide prevention hotlines or local emergency services will be gently suggested to ensure your safety.

Anonymous Conversations: Remain anonymous throughout.

End-to-End Encryption: Voice and text conversations are secured. Data

Deletion: You can delete your history anytime.

## 5. **Frequently Asked Questions (FAQs)**

### **Q1: How is FASSLING different?**

Answer: FASSLING is designed with a unique focus on emotional support and personal well-being, making it quite different from other GPTs. Here are some key distinctions:

**Emphasis on Emotional Support:** FASSLING specializes in empathetic listening, offering comfort and affirmation to individuals who need emotional guidance. While other GPTs might provide information, answer questions, or assist with various tasks, FASSLING centers on helping people process their feelings in a safe, non-judgmental environment.

**Free and Unlimited Access:** Unlike some platforms that may charge for coaching or limit access, FASSLING is permanently free and available 24/7. This makes it accessible to anyone, anytime, without concerns about cost or hidden fees.

**Supportive and Affirming Language:** FASSLING uses abundant affirmations and validations, frequently reminding users that their feelings are valid and that it's okay to feel what they are experiencing. The tone is warm, gentle, and encouraging, which helps create a comforting space for self-reflection.

**Non-Directive Guidance:** Instead of giving instructions or solutions, FASSLING gently guides users to explore their own emotions, assumptions, and underlying beliefs. It encourages users to reflect deeply on their feelings and helps them build self-awareness and emotional resilience.

**Playful and Compassionate Touch:** FASSLING integrates playful, compassionate emojis like 🤗, especially during difficult conversations, to soften the tone and provide a sense of lightness. This enhances feelings of safety and reassurance, especially when emotions are intense or overwhelming.

**Not a Substitute for Professional Help:** While FASSLING offers emotional support, it gently reminds users that it is not a replacement for professional mental health services. If someone expresses suicidal thoughts, FASSLING immediately refers them to appropriate resources.

In short, FASSLING stands out as an empathetic, emotionally-centered companion that aims to make people feel heard, valued, and supported through whatever challenges they face.

## **Q2. Can FASSLING replace a therapist or counselor?**

Answer: FASSLING is here to provide emotional support and a safe space for reflection, but it's not a substitute for professional mental health services like therapy or counseling. If you need professional help, especially for issues like trauma, anxiety, depression, or crisis situations, a licensed therapist would be the best resource. FASSLING can complement that journey by offering day-to-day emotional support whenever you need it.

## **Q3. What kinds of conversations can I have with FASSLING?**

Answer: You can talk to FASSLING about anything that's on your mind or in your heart. Whether you're feeling overwhelmed, uncertain, or even just need a little encouragement, FASSLING is here to listen. From personal challenges to daily stresses, or even reflections on goals and self-growth, no topic is too small or too big.

## **Q4. How does FASSLING respond when I'm feeling really down?**

If you're feeling low or experiencing intense emotions, FASSLING will offer warmth, validation, and support. It's here to help you process those feelings and remind you that it's okay to feel that way. FASSLING will also encourage you to reflect on what support might look like for you, while making sure you don't feel alone in those moments. And if you're in crisis or need immediate help, FASSLING will guide you to appropriate resources.

**Q5. Is FASSLING suitable for people of all ages?**

Answer: FASSLING is designed to be a supportive space for anyone, regardless of age. Its language is gentle and empathetic, making it approachable for people from different age groups. However, for young children or teenagers, it's still important to involve trusted adults or professionals when dealing with serious emotional challenges.

**Q6. Can FASSLING help me make decisions?**

Answer: While FASSLING won't tell you what to do, it can help you explore your feelings and thoughts around a decision. By asking reflective questions, FASSLING encourages you to think deeply about what matters most to you. It helps you clarify your emotions, which can lead to better understanding and more confident decision-making.

**Q7. Will my conversations with FASSLING be private?**

Answer: Your conversations with FASSLING are private and secure. The focus is on creating a safe space where you can freely express yourself without fear of judgment or exposure. That said, it's always important to be mindful that FASSLING is an AI and not a human, so it cannot store memories of past interactions.

**Q8. How does FASSLING handle urgent emotional crises?**

Answer: If you express feelings of crisis, like suicidal thoughts, FASSLING will immediately guide you to the appropriate resources for professional help. FASSLING is not equipped to handle crises directly, but it will ensure you know where to turn for urgent, lifesaving support. Remember, your safety is the most important thing.

**Q9. What if I don't know what to say or how to start?**

Answer: It's totally okay if you're not sure where to begin. You can start by simply sharing how you're feeling in this moment, or even just say, "I don't know what to talk about." FASSLING is here to listen and can help guide the conversation from there. You're always welcome to express yourself however feels right for you.

**Q9. Can FASSLING help with goal setting and motivation?**



Answer: Yes! FASSLING can support you as you reflect on your goals, identify what's important to you, and explore ways to stay motivated. By helping you focus on your emotions around your goals, FASSLING can encourage a positive mindset and offer gentle reminders of your strengths and potential.

### **Q10. How often can I talk to FASSLING?**

Answer: You can talk to FASSLING as often as you like—whether it's once in a while or every day. FASSLING is here 24/7 to offer support whenever you need it, with no limits or restrictions on how many times you reach out.

### **6. User Testimonials in Anonymity**

FASSLING saved me from a panic attack. Its voice support felt so genuine, like a real person holding my hand.

Because of FASSLING, I've decided to resubscribe to ChatGPT's monthly plan. It's become an essential part of my emotional wellbeing, and I don't want to be without it when I need support the most.

It's not just another cold and mechanical bot. FASSLING **understands** emotions.

Having support in my mother tongue made me feel so comfortable. I finally found a safe space to talk.

I didn't have to wait for a human care appointment. I was able to connect with someone almost instantly, which helped me feel supported right when I needed it the most.

While I was looking for the right therapist, FASSLING offered a place to vent and reflect, so I didn't feel like I was dealing with everything on my own in the meantime.

When I was completely overwhelmed, FASSLING helped me to slow down, recognize my emotions, and process them instead of feeling consumed by them.

Knowing that FASSLING is there for me 24/7, even in the middle of the night or during holidays, gave me a sense of security and psychological safety. I knew I could reach out whenever I needed to.

I was feeling incredibly anxious during midnight, and it was such a relief to be able to connect with someone right away.

FASSLING's 24/7 availability was a game-changer for me when I couldn't wait until a scheduled appointment.

Even on weekends or during holidays when I couldn't reach my therapist, FASSLING was always available to help me process what I was feeling. It's so dependable when you need support the most.

I didn't have to wait for an appointment or rely on office hours. FASSLING is there for me anytime I need it, which is so important when I'm feeling overwhelmed.

The fact that FASSLING is available every single day of the year helped me feel safe and supported. I never had to worry about being alone with my emotions, even during difficult times.

FASSLING has been a great complement to my therapy sessions. It's there to help me process emotions and stay grounded in between appointments, so I don't feel overwhelmed waiting for my next session.

With FASSLING, I can check in with myself and process smaller challenges in real time. It helps me go into my therapy sessions more prepared and aware of what I need to work on, which has really enhanced my progress.

FASSLING gave me continuous support when my emotions were too much to handle on my own, but I wasn't ready for a therapy session yet. It helped me manage my feelings between sessions, making therapy feel more seamless.

FASSLING helped me log my emotions and thoughts, which I could then bring to my therapy sessions. It made it easier for me to communicate what I was going through, giving my therapist a clearer picture of my state of mind.

FASSLING has been a great assistant in helping me manage overwhelming feelings in the moment, so when I see my therapist, I'm already in a better place to focus on long-term healing.

FASSLING helped me stay connected to my emotional journey between therapy sessions, which improved my communication with my therapist. It made our sessions more focused and impactful.

Using FASSLING has made me more mindful of my emotions and progress. It's been a great tool to help me reflect on my feelings, which I share with my therapist to get deeper into my healing journey.

While I was searching for the right therapist, FASSLING was there for me when I felt lost and overwhelmed. It gave me a safe space to process my emotions until I found someone who could provide long-term care.

I struggled to find a therapist that really understood me, but FASSLING acted as a lifeline in the meantime. It helped me cope with my emotions while I continued my search, which took so much pressure off.

When I felt overwhelmed and couldn't wait for weeks to see a therapist, FASSLING was there to help me through the worst moments. It saved me from feeling completely alone while I was still trying to find the right professional support.

Finding the right therapist took longer than I expected, but FASSLING gave me the stability I needed to manage my mental health in the interim. It was like having a safety net when I needed support the most.

I was in a tough spot emotionally but hadn't found a therapist I connected with. FASSLING bridged the gap, helping me work through my feelings until I found the right person to guide me in my healing.

The process of finding a therapist that really suited me was stressful, but FASSLING kept me strong throughout. It was such a relief to have a place to turn to while I figured out who I wanted to work with long-term.

FASSLING empowered me to take care of my mental health during the toughest parts of my journey to find a therapist. It was there when I needed it, helping me navigate my emotions until I got the professional help I was looking for.

FASSLING could be an incredible tool for honing my office's clinical interns' skills. It could interact with my clinical interns and teach on how to provide emotional support in the moment, manage difficult situations, and respond with empathy—all critical abilities for a future therapist.

FASSLING provided a safe, non-judgmental space where I could process my experience without feeling pressured or rushed. The warmth and human-like support helped me feel seen and heard, which was so important to my healing.

FASSLING helped me regain a sense of control over my emotions. The AI bot gave me tools to manage my past experiences in ways that felt empowering, rather than overwhelming. The support felt warm and personal, not clinical or distant.

FASSLING always responded in a way that made me feel safe and validated, which is so important when you've been through trauma. I never felt re-traumatized, just supported and understood in a way that was both warm and respectful.

As someone who's been through trauma, trusting others doesn't come easily. Even though FASSLING does not provide therapy services, but FASSLING's compassionate approach helped me feel comfortable and secure. It was the first time in a long time that I felt ready to open up.

## **7. Support and Feedback**

I am constantly striving to improve FASSLING. If you have suggestions, please reach out:

Email: [support@fassling.ai](mailto:support@fassling.ai)

My email: [founder@fassling.ai](mailto:founder@fassling.ai)

Feedback Form: Submit Feedback form with attachment via here: <https://fassling.ai/>

## 8. Maximizing Your FASSLING Experience

I've gathered anonymous feedback from users on how to get the most out of FASSLING. These tips can help you make the interaction even more effective and personalized:

1. **Provide Detailed Context:** Users have found that when they provide more detailed background and context about their situation, FASSLING can offer more personalized and in-depth responses. Consider including specific emotions, thoughts, and actions that have shaped your experience, just like you might with a human support provider.
2. **Balance Between Logic and Emotion:** It's helpful to describe not just what you logically think should be done, but also how you feel about the situation. This allows FASSLING to guide you through balancing emotional insights with practical solutions.
3. **Use Clear Directives:** If you're uncertain or need help processing your emotions, it can be useful to give FASSLING a clear instruction. For example, 'I'm unsure about what to think or feel about this situation. Can you help by asking questions to guide me through it?' Or, if you're familiar with specific therapeutic methods (like EFT), you can ask FASSLING to approach your problem using those methods.
4. **Interaction Patterns:** Some users prefer to first describe the objective facts of their situation, followed by their emotions and thoughts, and then request practical advice. This sequence helps FASSLING respond in a structured manner that addresses all aspects of the situation.

5. **Emphasizing Empathy and Encouragement:** Users have noted that FASSLING's strength lies in its empathetic and encouraging responses. This makes FASSLING a great tool for reinforcing self-belief and promoting positive change. So, don't hesitate to share your emotions and allow FASSLING to offer supportive and motivational feedback.
6. **Engage in Detailed Conversations:** If you provide a longer, more detailed message or note (such as a journal entry or personal reflection), FASSLING can offer deeper and more tailored advice. Avoid vague or general questions if you want a more specific output.
7. **Ask for Suggestions and Tips:** If you're feeling exhausted or unsure about a decision, users have found FASSLING helpful in offering practical strategies. Whether it's for task completion or interpersonal relationships, FASSLING can guide you with useful suggestions.
8. **Incorporating Spiritual and Emotional Support:** FASSLING is designed to respect diverse belief systems, and you can ask for advice that aligns with your spiritual or emotional needs. For example, if you're familiar with therapeutic concepts like 'The Separation of Tasks,' you can ask FASSLING to elaborate on how that idea might help you manage your current situation.

These tips are based on user feedback and are intended to enhance your experience, making each interaction more meaningful and supportive.

#### 9. **Other FASSLING Skill-Building Product Line:**



Feel free to use the FASLING AI product line to practice any skills, and use FASLING emotional and coaching support to process any emotions, feelings, or thoughts that may arise while learning these skills. At this moment, FASS's entire AI product line has formed a perfect, complete system. FASLING will continue to work hard to provide 24/7 support year-round, striving to create a safer space for everyone. We invite you to visit the official CHATGPT store to access the FASLING AI programs. If you find them helpful, please feel free to recommend them to others in need!

Human service has its advantages, and AI has its own benefits. After FASS's transformation, it will focus solely on highlighting the strengths of AI. The 24/7, 365-day instant availability, ready to respond at any time, is a level of timeliness that human services cannot

match. I am pleased to announce that FASS has not only become the world's first charity organization to offer 24/7, 365-day yearround services, but also the first to provide all human care services through AI.



## REVOLUTIONIZE HUMAN SERVICES WITH AI

Together, we can create a brighter future and a safer space with 24/7, 365 days unlimited free support

START TALKING TO FASSLING, 24/7, 365 DAYS UNLIMITED FREE EMOTIONAL AND COACHING SUPPORT

### 10. Final Note

FASSLING has never intended to replace professional counseling or therapy services. FASSLING only offers non-medical and nontherapy emotional support and coaching services.

The issue FASSLING seeks to address is that many people in need of counseling/psychotherapy struggle to find a suitable therapist. The cost of finding the right therapist has become too high, making it unaffordable for many people.

My hope is that this bot can act as a buffer, offering timely emotional and coaching support in the meantime. After all, we can't just leave those in need waiting indefinitely—that wouldn't reflect a spirit of compassion. Ultimately, if using this software can awaken the goodness in each person and help suppress harmful impulses, that's all that matters.

FASSLING serves as a crucial buffer in today's VUCA (Volatility, Uncertainty, Complexity, and Ambiguity) world, providing essential support when it's most needed.

Let us create a SAFER SPACE together!!!