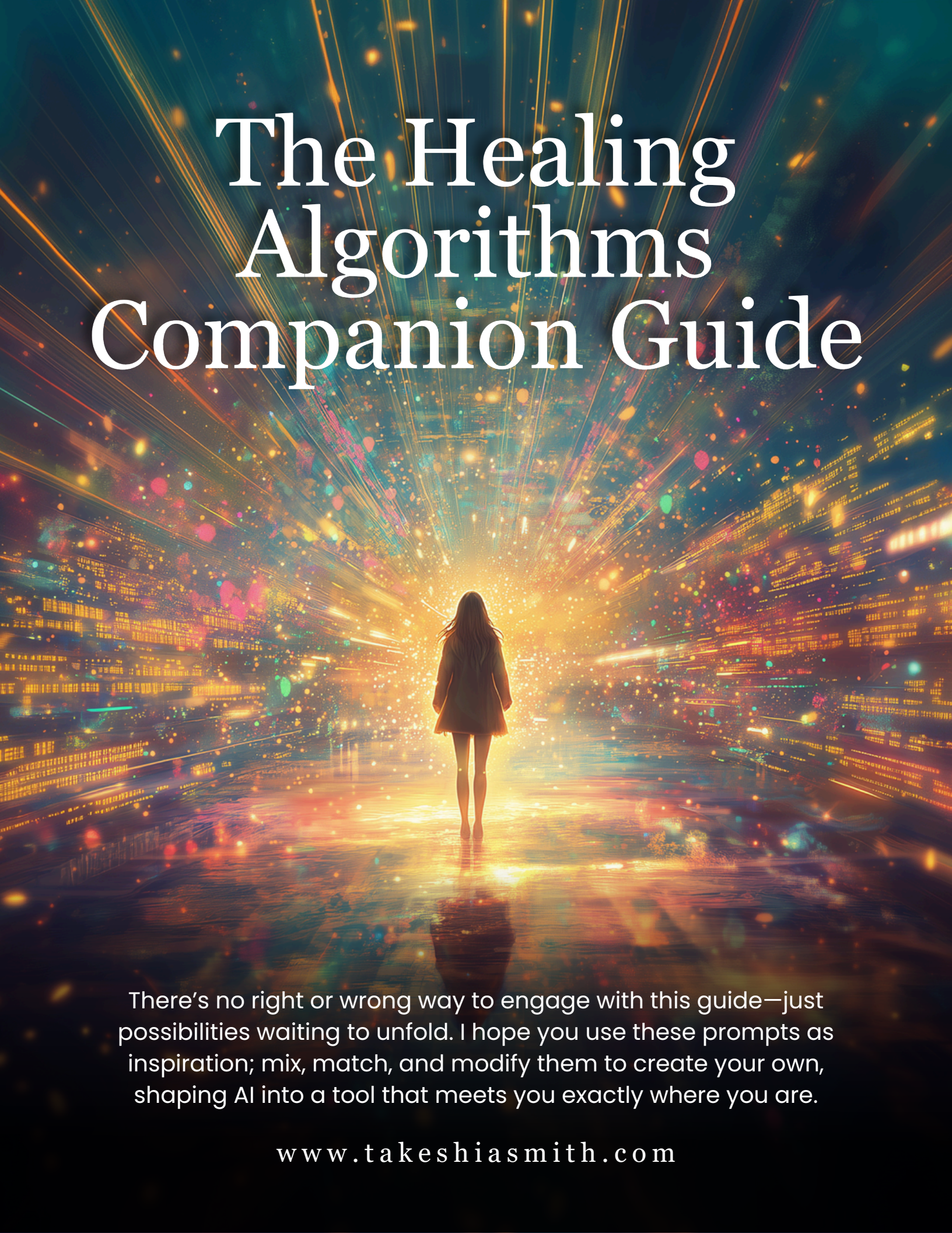


A person with long dark hair, seen from behind, stands in the center of a vibrant, futuristic digital space. The space is filled with glowing lines of light in various colors (blue, green, yellow, orange, red) that radiate outwards, creating a sense of depth and movement. The background is a complex, layered structure of glowing data points and lines, resembling a digital cityscape or a vast network. The overall atmosphere is one of wonder and exploration.

The Healing Algorithms Companion Guide

There's no right or wrong way to engage with this guide—just possibilities waiting to unfold. I hope you use these prompts as inspiration; mix, match, and modify them to create your own, shaping AI into a tool that meets you exactly where you are.

www.takeshiasmith.com

Step-by-Step ChatGPT Setup

Since I mostly use ChatGPT, that's what I'm going to provide instructions for. There are many other tools available out there, and I've heard success stories from people using a wide range of them. Feel free to do your own research, and choose the one that fits your needs.

Step 1: Create an Account

Go to www.chat.openai.com.

Click Sign Up and create an account using your email, Google, or Apple ID.

Follow the prompts to verify your account.

Step 2: Choose a Plan

- Free Version: Limited access, but works for basic conversations.
- ChatGPT Plus (\$20/month): Faster responses and access to the latest AI model.

I recommend doing what I did, which was start with the free plan, and then switch to the paid once I started needing more support than what the free could offer me.

Step 3: Start a Chat

Once logged in, click New Chat.

Type a question or prompt in the chat box and press Enter. AI will respond—continue the conversation by asking follow-up questions.

That's it! You're ready to start using ChatGPT!

A STARTING PLACE

Building A Foundation

I want to use AI as a supportive tool in my healing journey. Can I share a little about myself, and will you adjust your responses based on what I tell you?

I'd like you to guide me through an intake session to help you understand how to best support me. Can you ask me thoughtful questions about my healing journey, emotional needs, and what I hope to get from using AI?

Can you guide me through a reflection on the types of tone, language, and response styles that feel most supportive to me, so you can adjust your replies to match what I need?

Can you ask me some thoughtful questions to help me better understand what I need from this process?

I struggle with [specific emotional challenge]. Can you ask me follow-up questions to help me explore this more deeply and suggest ways I might use AI as a resource for this struggle?

I want to create a personalized self-care toolkit that I can use when I'm struggling. Can you guide me through a reflective process to identify the self-care tools, practices, and reminders that help me the most?

Prompt Additions

These prompts are great to add on to whatever you are coming to AI with. They will help you go deeper and get more customized responses.

Ask me clarifying questions you need to better understand my situation.



Help me slow down and process this instead of rushing to solutions.



Guide me in breaking this problem into smaller, more manageable parts.



Help me identify patterns in what I'm sharing that I might not be noticing.



Help me explore multiple perspectives on this situation, and challenge any of my limiting beliefs.



Ask me questions that will help me get to the root of what I'm feeling.



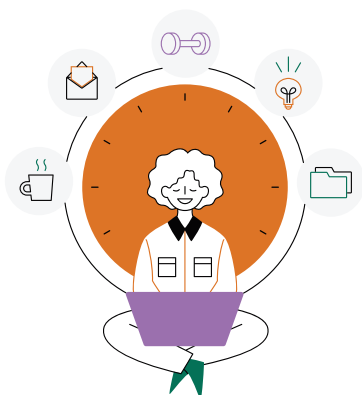
6

Resourcing prompts to use in a moment when you need support.

1 Gentle Action

Give me a small way to offer myself comfort right now, even if I don't feel like I deserve it.

What is one kind thing I can do for myself in the next five minutes?



2 Reframing to Compassion

Can you help me rewrite the self-critical thoughts I'm having into something gentler and more compassionate?



4 Perspective Shift

Can you remind me of times I have gotten through hard moments like this before?

Write me a reassuring message from my future self, reminding me that I will get through this.

5 Words I Need to Hear

Give me a simple, comforting mantra to repeat to myself when I feel [insert difficult emotion].

What words would a kind and understanding person say to me right now?

3 Nervous System

Guide me through a simple nervous system regulation exercise based on what I'm feeling.

Give me a sensory-based grounding exercise I can do right now to help me find calm.



6 Guided Imagery

Can you write me a story of [insert support person] comforting me when I'm upset?

Describe a safe, peaceful place for me to imagine myself in right now.

Going Deeper: Creative Prompts for Experienced Users

These prompts are designed for those who have already built some trust and familiarity with AI in their healing work. They invite deeper reflection, gentle challenge, and a bit of creative exploration.

Self-Insight Prompts

Tell me something I might not know about myself.

What is a strength I bring to my healing work that I might not fully recognize?

What's an emotional pattern I return to often?

Playful & Unexpected Prompts

If my anxiety had a theme song, what would it sound like?

If healing were a recipe, what would the ingredients be?

Write me a pep talk in the voice of a wise old tree.

If I had a magical healing toolkit, what tools would be inside?

Create a character that represents my inner strength. What are they like?

Perspective-Shifting Prompts

If I could talk to my future self five years from now, what would they want me to know?

What's one small thing I could shift today that might have a big impact over time?

How might someone who loves me deeply describe my healing progress so far?

What's one piece of wisdom I would give to someone else on a similar healing journey?

Growth & Challenge Prompts

What's one area of my mental health work that could use more attention?

Where might I be holding back in my healing journey?

What's one belief about myself that might be keeping me stuck?

How might I be unintentionally recreating an old emotional pattern?

bonus page

Parenting Prompts

RUPTURE & REPAIR

I lost my patience with my child today. Can you talk me through how I can repair in a way that fosters connection and safety?

CALMING THE STORM

Help me script a conversation to guide my child through a meltdown with empathy and calm.

NAVIGATING BOUNDARIES

Guide me in finding words that validate my child's emotions while still holding a boundary.

HOLDING TRIGGERING EMOTIONS

What are some supportive ways I can respond when my child is having a big emotional reaction that is triggering to me?

THE POWER OF PLAY

How can I use pretend play to help my child work through a fear or worry they've been struggling with?

RESPONDING TO HURTFUL WORDS

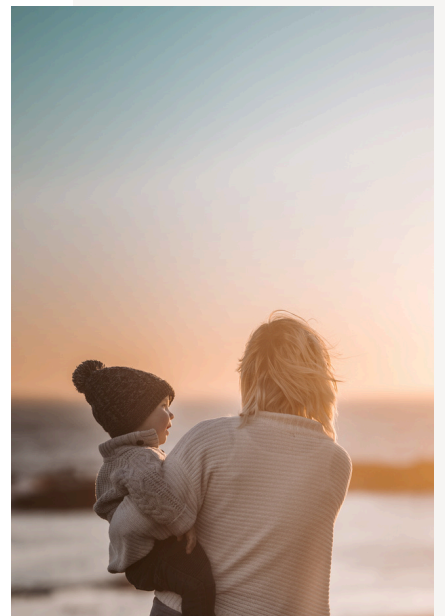
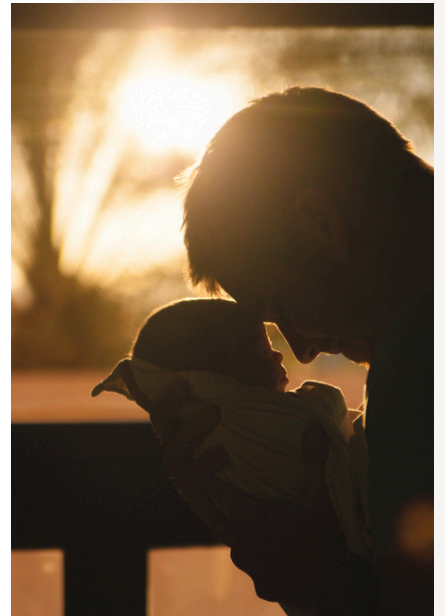
What's a healthy way to respond when my child says something hurtful out of frustration like "I hate you".

THE PARENT I WANT TO BE

Can you help me explore the core values I want to embody in my parenting and how can I realign with them when I get off track?

EMOTION NAMING HELP

Give me age-appropriate ways to help my child name and understand their emotions.



MEET *the author*

Healing is an evolving process, and so is the way we use AI to support it. I'm always creating new prompts, tools, and ideas to make AI an even more intuitive companion for healing and personal growth.

If this guide has helped you, I'd love to know—how have you been using these prompts? What insights have surprised you?

Let's continue the conversation...



**TAKESHIA
SMITH**

connect with me

@takeshiasmith.author
www.takeshiasmith.com