

In this current day and age, teenagers are faced with a wide array of challenges; not just academic obstacles, but also struggles relating to mental health, friendships, and love and loss. I, too, deal with these struggles, and I can specifically relate to experiencing heartbreak the most. And so if I had a robot assistant to help me face the sorrows of love lost, I believe it would help a great deal for the following two reasons. First, when going through one's first heartbreak, a person can be vulnerable and irrational. Having a guide to help navigate me through my feelings and helping me see reason can be a giant step in healing. Second, when someone you love dearly suddenly ceases to be part of your life, one may feel a gaping void in their heart where their significant other once occupied, resulting in extreme emotions of emptiness and despair. And despite it not quite filling that role of my partner, a robot assistant can temporarily occupy that void as a friend, making me feel slightly less empty and alone. These two reasons are why I feel robot assistants may make all the difference when it comes to confronting the matters of the heart.

But if a robot assistant was to help me through my heartbreak, they surely must be equipped with certain abilities or traits to be effective; and in that regard, I have a couple of ideas in mind. First and foremost, the assistant, although it is a robot, must not come across as robotic. It should strike a balance between

empathy and reason, providing suitable information without appearing cold and distant. In order to do that, it should be able to imitate a human's tone of voice as well as the numerous subtleties that give the human voice warmth. Additionally, the assistant should be able to draw from a vast database of therapy treatment methods, counseling strategies, and any and all information that could prove useful when treating a case of heartbreak, so as to ensure it knows what method works best <sup>for me</sup>. And due to the unpredictability of the effects of <sup>heartbreak</sup>, the assistant should be well equipped for any possible scenario. Lastly, when faced with tremendous loss, some people may have coping mechanisms that could manifest, some of which include denial, repression, or giving <sup>in</sup> to vices like alcohol or even drugs. This is a major thing that the assistant must not overlook, and as such, it should be able to assess the mental state of patients, including my own, thoroughly and accurately assessing my subtle body language or any other telltale signs that may point to potential harmful behavior on both physical and mental aspects. <sup>and acting/accordingly</sup> The aforementioned details are what I believe to be crucial elements in what would make a robot assistant helpful to me when suffering from the troubles of heartache. With the assistant's help and my own personal efforts to move on, and heal, I <sup>firmly</sup> believe that no matter how severe the heartbreak, I would still stand tall in the end.