

Lily



Recent college graduate
24 years old

Poppy



Recent college graduate
25 years old

Poppy and Lily are recent college graduates. They have been together for 1.5 years now. One day, Poppy & Lily decide to attend a small party hosted by one of their friends. During the event, Poppy observes another person at the party flirting with Lily. Poppy becomes visibly upset, as she perceives Lily to also be flirting back with the person.

When they arrive home, Poppy expresses her discomfort with the situation. Lily acts dismissively towards Poppy and her feelings. A heated argument begins, as Poppy still does not feel good about the situation, and does not appreciate Lily continuously dismissing her.

Poppy is now extremely flustered and overwhelmed. She is afraid she might say something she will regret so she decides to ignore Lily instead.

Pain Points:

- Poppy knows that arguing will only make things worse, but she also finds it very difficult to verbally tell her partner that she needs a break, so she gives a cold shoulder to her partner instead.

Goals:

- Prevent conflicts and arguments from escalating by taking time off to cool down and reflect.

How MindfulMates can help:

While MindfulMates cannot address the root cause of the conflicts, it can help Poppy **simply and nonverbally** communicate to her partner that she needs some time off by herself.

Sarah



Restaurant owner
30 years old

Sam



Business Analyst
28 years old

Sam and Sarah are working professionals. They have been with each other for 4-5 years now.

Lately, Sarah has been extremely stressed out with managing her restaurant. Sam, on the other hand, has been enjoying his job. Sarah often comes home stressed out, just to see Sam relaxing on the couch. While Sam greets Sarah as usual, Sarah feels like Sam doesn't care about her because he doesn't check in on her and asks how her work life has been.

Sarah decides to confront Sam about this. Sam apologizes for not recognizing that Sarah was **feeling the lack of care**. He explains that he didn't feel the need to check-in with her everyday when it seems to be **repetitive and boring**. After all, they have been together for very long and have known each other inside out.

Pain Points:

- Has trouble recognizing that Sarah wasn't feeling well.
- Wants an engaging and convenient way to check-in with Sarah daily.

Goals:

- Recognize when each other are going through stressful times.
- Support and accompany each other throughout the day.

How MindfulMates can help:

At work, Sarah can have a quick check-in with Sam on how she is feeling by using the MindfulMates robot and vice versa.

Even though Sam cannot physically be with Sarah, he can encourage her and "be there" with her through the robot. Sarah can now feel supported as she has a robot that motivates her and gives her encouragement while she is working.