

White Paper

Margit M. Schreier

ChatH2H.com



- Join H2H to support and **be supported**.
- Talk with people to build lasting social **relationships**.
- Share your **experiences** with people from all around the world.



Margit M. Schreier

A New
Social Media And
Financial Network

Introducing Chat H2H

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Verarbeitung in elektronischen Systemen.

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If everyone
who is still asleep would wake up,
together we would set the world straight.

A New Social Media and Financial Network

ChatH2H was founded to create a globally comprehensive social media and financial network that improves the lives of humanity globally and strengthens personality.

With ChatH2H, we give people a sense of purpose and passion for life, and they change not only themselves but also their relationship with the environment. People can only make the world a place worth living in through passion and purpose.

ChatH2H is all about communication between its users. Hence the name: Human to Human. However, it is not only a global communication network, but also an identity network that strengthens mental identity that is otherwise invisible. H2H has the effect of strengthening the mental identity of each individual.

There are many types of identities. That is for one the Identity ID (identity card), the digital identity, the physical identity or the mental identity. The clarity and the subjectively felt emotion about

the awareness of oneself and the strengthening of one's own mental identity evokes an inner subjective force that has the capacity of strengthening the other identities (the aforementioned digital and Identity ID).

If successful, ChatH2H could significantly increase everyone's social and economic opportunities, provide a reliable solution to address unemployment, promote entrepreneurship, lead to workforce education, ensure prosperity in all countries of the world, enable global democratic processes, and show a possible path to cohesion and participation. In addition, ChatH2H can evoke the passion to offer its own strengths to the global community and join to increase the gross national product or lead to social justice in terms of Crypto and AI-funded UBI.

ChatH2H consists of a privacy-preserving digital social network (H2H ID) that actively promotes global peace through mutual encouragement. In many countries, especially democratically run ones, mental assistance in the sense of coaching has become commonplace. But not for everyone. Coaching is expensive and does not always bring the desired effects. Chat H2H enables every person on earth to participate in this extremely important personal education. The mechanism of H2H promotion is chat-based and financed with a digital currency (H2HToken).

Every person can participate in a funded H2HCoaching simply by virtue of their existence.

As of now, there is no fundamental global right to exist. However, if every person in the world would share their experience with us, use it for the benefit of fellow human beings, then they automatically have the right to make use of coaching in the sense of H2H.

We support everyone in their efforts to develop their own identity and to activate their participation in social and economic life.

These are the core ideas behind ChatH2H. They refer to the humane principle of promoting well-being of all people and providing a better future for all at individual discretion. Chat H2H is complemented by NIKU instruments of NIKU Neuro AG, which are guided by scientific knowledge.

Nowadays, individual growth of personality and especially mental identity are unsolved problems on a global scale. It makes it challenging to provide everyone with personalized counselling. The problem becomes even more urgent as increasingly powerful IT or even AI models reinforce the distinction between wealthy people and those who do not have access to privileged lifestyles. For example, Brain Chip will significantly increase the gap between rich and poor. It is like Google being made available only to rich people. The effects would be devastating.

If successful, interpersonal promotion in ChatH2H could become a global standard for the mental development of personalities and societies. An example would be the possibility of school education. There are promoters who open schools in less economically favored countries. But what comes after that? In western countries, the possibility of education through personal development, seminars, and continuing education begins only after school. ChatH2H can raise awareness from individual experiences to contribute to global formation and development of identities. Some of the basic assumptions behind ChatH2H are:

1. Personality advancement is a missing and necessary foundational element of the global community. This assumption will become more important as increasingly powerful IT and AI

models become accessible to the wealthy and further divide societies. EX: Brain Chip.

2. Scalability H2HToken: mental growth affordable for everyone. Revenues and expenditures of internal H2H tokens prove that individually empowered personalities align the incentives of all network participants to bind together like-minded groups and individuals in the network. To illustrate by example: Bitcoin or Ethereum are issued to secure the Bitcoin or Ethereum network, respectively. In contrast: H2HCoin is issued to extend the ChatH2H network, with security provided by Polygon (MATIC). Polygon sees itself as "Ethereum's internet of blockchains" and in its mission, advocates a high degree of humanity and access to funds, strives for high scalability, and connects networks.

3. According to the motto: "Success is created in mind", it cannot be emphasized enough that establishing a global and individual knowledge and support network has long become a necessity. H2H provides funding through tokens for individual education and mental strength, serving one's own life and that of the community, giving the necessary profile to individuals and groups.

This whitepaper refers to 2023, the year of inception. It is, therefore, not complete, and subject to change at all points.

“...in the night, imagining some fear
how easy is a bush suppos’d a bear?”

Shakespeare

Mental Identity and H2H

Every person has an identity of themselves, and every person should be able to make the best and utmost of their life. It is significant that people who are not born into wealth but have gotten there through their own efforts value property more, are more socially openminded, and are not infrequently involved in environmental issues.

Chat H2H contributes to more people having the opportunity to have access to intangible and tangible assets. The understanding of how to become a citizen of the Earth, serve it, and live in prosperity. Step by step, as it is foreseen in the natural evolution. It allows users to monitor their mental development at their discretion and expand it while maintaining their privacy, leading to a strengthened identity and mental development. ChatH2H was developed based on the knowledge that outlined areas of life make up the basis of forming parameters that serve the individual, society, and the environment.

In connection with H2HToken, users can document their development and own engagement and show it to others. The recorded engagement with Chat H2H can become a kind of testimony of being an H2H coach for others. One's own engagements are exhibited based on the ChatH2H log. It will also allow individuals to document their progress. In the future, it will also be possible to issue other proof of mental education.

H2H services are personal, meaning the knowledge gained should serve the people involved. In addition, everyone should be able to prove their commitment at any time. This brings mental strength and gives self-confidence when one can engage. It is one of the pillars of motivation - more on that later.

ChatH2H Token

On the one hand, valuable applications for mental strengthening and financial structure are built on the network side. On the other hand, incentives are created by issuing tokens to up to 100,000 network participants (Target 1). This aligns incentives to the growth of the network and gives people across the board the opportunity to be coached. To emphasize the equality of being human, the condition of ChatH2H is that everyone has to offer up their needs while also being able to bring their powers to alleviate the problems of fellow human beings. This could lead to the ChatH2H token (H2H) becoming the most widely used digital asset.

ChatH2H answers all questions concerning users' lives in all regions of the world. This claim is justified by the fact that, in short, all people know everything. It is now only up to the social attitude of each individual and access to the community to share this knowledge.

The more people become members of ChatH2H and experience the individual expansion of their knowledge through ChatH2H themselves, the more they will be willing to promote others. And the more people will contribute to scalability.

While the user is guided by the constitution of messages and chat communication, the cryptographic protocols are implemented to share their know-how in a privacy-friendly way.

This is to enable smooth access to the global decentralized financial infrastructure.

Rules about H2HToken.

H2HTokens are and will remain the property of the network owners until revoked and will be centrally managed until Target 2. After that, we aim for decentralized regulation of H2HTokens.

Sale of H2HTokens to third parties is prohibited until Target 1 and will result in prosecution.

The rules after Target 1 will be announced publicly.

ChatH2H.com

ChatH2H is all about user-to-user communication. It is a global communication and identity network that protects privacy. It classifies as an identity network because it focuses on mental identity, which is otherwise invisible. Psychic identity, also called mental identity, is to gain global importance so that people can be equal.

Everyone can prove by the example of tokenization in his own account that they have taken steps to acquire mental strength, to develop their mental structure of excellence and high potential of their personality. That they are actively working on improving their mental identity and serving society.

This enables fair airdrops, provides protection from bots/sybil attacks, and ensures a more equitable distribution of limited resources.

To interact with the ChatH2H protocol, individuals can utilize their wallet or dock to an internal H2H system that they transfer to their wallet anytime. The exact steps are formulated on the First steps with the Chat H2H web page.

Application

ChatH2H could significantly improve equal opportunities worldwide. Anyone who can participate in the digital world will also be able to participate in the global digital and financial economy, regardless of their location, through a universally accessible decentralized financial infrastructure thanks to strengthened identity. The way people communicate with each other is likely to change fundamentally. As an example, we can mention Instagram's impact. Few influencers and many followers. This is not a healthy psychological structure. The seeker does not develop a healthy identity by merely admiring.

In addition, ChatH2H can also enable global democratic processes and novel forms of employee management (e.g., by saving in HR training). Moreover, H2H can potentially play an important role in a Crypto and AI-funded UBI to minimize the number of people in need.

This is because helping people to help themselves in CHatH2H can increase motivation to raise resources for independent living through their own efforts. Active participation will contribute to the growth of the network by growing the network. Thus, its usefulness also grows. With universal access to funding and coaching, here's what becomes possible:

Finance

Owning and transferring digital money: Using H2HToken for mental development will be instant and limitless worldwide.

Available to everyone. The world could be connected, and everyone could display their personality online. Overall, this has the potential to connect people at high potential on a global scale like never before in human history.

Digital money has already proven itself in many ways. It is more secure than cash, which is easier to steal or counterfeit. This is particularly important in crisis where immediate cross-border financial transactions must be possible, especially in individual emergencies where funds are used to distribute direct aid.

In most cases, the billions collected do not reach the people they are intended for. ChatH2H is designed so that the end user can often benefit from direct help. Thus, digital money is an asset that individuals can own and control directly without trusting third parties. It is an asset that can be used directly for emergency relief and to achieve the goal of "growth".

Identities and H2H

Social media networks are overflowing with influencers and followers. Influencers can present themselves and earn admiration through recognition from followers. This strengthens their sense of identity. The followers' identity is only seemingly increased by the respect of the other. To them, nothing has changed. Stagnation overshadows his life energy.

Social media networks are also saturated with bots, spam, and robocalls. Catfish identities, which have a devastating effect on people's psyche, play a significant role. These users produce additional accounts and impersonate someone with a false identity. In the Catfish series of broadcasts, the trap is unraveled in public.

This is only practicable in series because identity is difficult to verify in a mere membership. AI models can amplify these problems because they are convincingly presented in human terms. ChatH2H can be resistant to this. Direct chat communication will make it impossible for a robot at ChatH2H to give answers or ask questions. So it will quickly become clear who is the human and who is an imitation.

Inauthentic people are minimized or even eliminated at ChatH2H through the commitment of both sides - H2HClient and H2HCoach, or not even enabled in the first place.

Governance

Currently, web3 is largely based on token-based governance (one token, one vote). Tokens are used in ChatH2H to execute a service.

Each registration receives 100 H2HTocks.

People with greater economic power are neither favored nor disadvantaged. H2H strives to help people achieve greater economic power. Global economic power structures are to be made accessible to a broad audience. H2H opens the design space for global democratic governance mechanisms not only on the web3 but also, and especially, in real life.

Incentive Alignment

Vouchers, loyalty programs, referral programs, and, more generally, sharing value with customers are traditionally vulnerable to fraud because the incentives for fraudulent actors are

high. Active membership will inherently reveal which identities are deceptive and which are truly active.

This could even trigger a new wave in economic and non-economic groups that value educating themselves mentally and strengthening social bonds.

Authentication

For H2H data to be useful, it must be difficult to transfer it to someone else (e.g., bots) or allow it to be used for fraudulent purposes. This is especially important to protect individuals who expect to receive competent advice from H2H and are unaware of such fraud pitfalls.

To use the chat, H2HCoaches only need to insert their first name and a photo or avatar of their real human self. Beyond that, no further personal data is published. However, each H2H access must be clearly assigned to a specific person. This becomes obvious at the latest with the assignment of Wallet. Therefore, it is crucial to authenticate the user as the rightful owner of the H2H credentials, creating a web of trust.

The basic idea of a "Web of Trust" is to verify identity claims in a decentralized manner.

www.de.wikipedia.org/wiki/Web_of_Trust. This globally patented protocol is used to validate data and prevent the execution of invalid or insecure smart contracts. For example, in the classic network of trust used by PGP, users gather for in-person "key signing parties" to confirm their identities. For a global project

like ChatH2H and the tokenization therein, their execution cannot rely on face-to-face encounters. Such solutions are hardly feasible.

Recently, projects like Proof of Humanity have been building trusted networks for Web3.

These enable decentralized verification using facial photos and video chat. However, this would be too costly for our project.

For us, WorldCoin could be a solution. Theoretically, the only mechanism that can distinguish people is FaceID, which can be used to identify identities using biometrics. This brings several advantages. Biometric systems are like life and death, unique and one of a kind. They work regardless of gender, nationality, race and do not differentiate between rich and poor.

WorldCoin says:

"Based on the conclusion that the only way to verify uniqueness on a global scale is through iris biometrics, Tools for Humanity has developed a custom biometric device called Orb. This device issues an AI-safe3 PoP credential called World ID. The Orb was designed from the ground up to validate humanity and uniqueness in a fair and inclusive way." This could be a solution to the problems mentioned earlier in the future.

Requirements / Feasibility Requirements

This section gives a general overview of the building blocks of a general H2H mechanism.

Detailed explanations of the implementation with ChatH2H follow in later sections.

Here below, the responsibilities are discussed in detail.



Fig. 1: Simplified visualization that make up an effective chat communication mechanism.

Human to Human

Different demands in economic and social life place different requirements on each personality's mental strength and competence. For democratic governance, the ChatH2H project is an integral part of preventing social inequality.

ChatH2H lays the foundation for direct communication between people of all languages and walks of life.

Through the life categories provided, each individual is presented with the option to search for H2HCoaching accustomed to their individual concerns. This works significantly better than looking for an answer in search engines. H2H offers the possibility for people to find each other to answer questions and be there for each other. The following sections introduce the basic building blocks of H2H and explain how they are implemented within Chat H2H.

Actors

Each communication consists of two different actors and the data they exchange.

For the context of this section, these terms are defined as follows:

User 1 - H2H Client: A person who feels a need to contact User with the aim of meeting that need. She signs up to access specific resources in ChatH2H. The focus is on obtaining the appropriate support. In the context of the H2H protocol, these efforts result in token expenditures.

User 2 - H2H Coach is a person who, based on their own experience, believes that they can be a contact person for one or more H2H clients on this one topic. The coach's offer is formulated in an offer-offer, showcasing in which area they can help. All users of ChatH2H have access to it and can get support. In the context of the H2H protocol, these efforts refer to token collection.

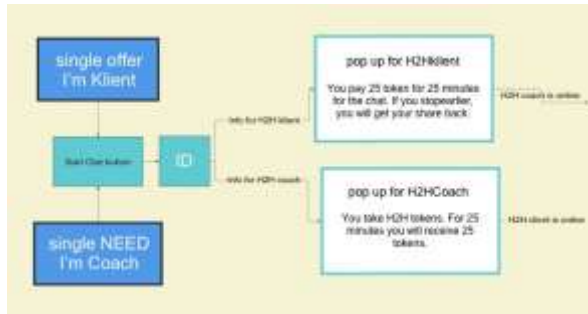


Fig. 2: Diagram describing the interaction of ecosystem actors required for a user of H2H to communicate.

Every user becomes H2HClient, and every user becomes H2HCoach. This is because we all have needs, can learn from others, ask for individual knowledge, and receive or spend tokens on it.

Certain actions and interactions between users are essential for a functioning H2H mechanism.

- Credentials H1: A data collection indicating that the user is in need. These can be details assigned to the categories, or the user can choose "other" to place his needs.

- Credentials H2: A data collection indicating that the user self-assessed as having sufficient experience or knowledge of the concerns that H1 defines as needs. H2 acts in terms of pain relief,

"good advice", etc. This can be a set of mental characteristics attributed to self-assessment or other assessments.

- Registration information H1 - provides H1

- Registration information H2 - provides H2

- ChatH2H: A trusted place that allows certain encounters and exchange of information, provides access, and allows to make its claims against others (H2). In the context of the H2H protocol, these efforts refer to token collection.

- Evaluation - H1 can evaluate H2's behavior and problem-solving skills.

In the future, the assessments will lead to the need for the training that will be provided.

H2HCoach Evaluation

For an H2HCoach to be useful, they must have an idea of the uniqueness of the solution that fits the H1 ad. If the H2 has not acquired any experience on this topic or is even active in a fraudulent act, e.g.: only to obtain tokens, they are not trustworthy and do not fulfill their purpose.

Therefore, an H2H mechanism must perform a resolution between users that is not detrimental to H1. This is the biggest challenge for any H2H mechanism.

To this end, we have provided the following steps:

1. At the beginning of the chat, H1 pays 25 Minutes in advance. When the user realizes this doesn't help them, they can interrupt and get their remaining tokens back.

2. H1 communicates the grievance in its evaluation.

Evaluation Consists of Stars

1-3 and 0

0***

Finish up to 5 min. and at the same time, give the worst rating to the coach.

ZERO 0	I was cheated
*	Not satisfied at all
**	Rather unsatisfied
***	Neither
****	Satisfied
*****	Very satisfied, I want to continue the conversation

3. If H2 receives such an assessment three times or more, it is grounds for termination. What can automatically happen here?

a. This person loses all tokens - they can contact us.

b. The person truly justifies what they did and why they were rejected 3 times as a coach.

c. H2H can check with the people who give this Zero rating and cancel it.

In the future, we could install a court of arbitration from well-rated users to solve the problems.

H2H

Solution On a Large Scale

Based on these higher-level solutions, several requirements can be derived to transition different approaches for a global H2H mechanism:

- Inclusivity and scalability: A global H2H should be maximally inclusive, i.e., available to all. This means that the mechanism should be able to connect billions of people. There should be a viable way to implement it on a global scale, and people should be able to participate in Chat H2H regardless of nationality, race, gender, or economic means.

- Fraud resistance: For fair token distribution, it is necessary to meet the requirement of so-called negative identification concerning preventing double registrations. The primary question is whether a user has already registered once.

Other important requirements related to the values of the ChatH2H project:

- Decentralization: participation in ChatH2H and in continuing education on H2HCoach is a fundamental change in current educational offerings. With tokenization, everyone will have access to mental education. Additional solutions will be offered from the 100,000th user.

- Privacy: The H2H mechanism is designed to preserve the individual's privacy.

The chat proceeds in an intimate two-person atmosphere. If desired, the content of the chat can be printed in pdf form at the end. After printing, the data is removed. The user has control over their data.

- Online accounts: The simplest attempt to set up H2H on a large scale is to use existing accounts such as email, phone numbers, and, in the future, social media. This method is not sufficiently reliable to prevent a person from having multiple accounts. This is shown by analyses of account activity even at established financial services companies. In general, hardly any institutions have resistance to duplication. Thus, there are hardly any methods for so-called deduplication of existing online accounts (i.e.: to ensure that individuals can register only once).

Application And Use

In the previous sections, we explained the conditions of feasibility and the need for a universal, secure, and comprehensive mechanism of ChatH2H and the conditions of taking possession of the H2HTokens.

The following section looks in more detail at the need for global usage and the requirements for use that users must meet to obtain and maintain membership.

Global Demand and Use of the ChatH2H

First, the current status when it comes to the psyche

There is an enormous amount of training to become a coach. There are even more personal development seminars on various topics, from IQ to emotional competence. Not to mention training in psychotherapy or psychiatry.

And yet, every 4th person is said to be mentally ill, according to the MQ Mental Health Research Institute.

This doesn't even count in the people traumatized by war.

“PTAheute” goes even further (02.03.2023): "Around one third of the participants in a representative online survey in Germany have described themselves as suffering from mental illness." On inquiry to the editorship to the more exact data of the inquiry, we received by email the following answer:

"With the inquiry it concerns a representative on-line inquiry.

The data for it was made available by the opinion research institute Ipsos, which raised it on behalf of the insurance company AXA (in the context of the AXA Mental Health report 2023).

For this purpose, the opinion research institute conducted an online survey of a total of 2,000 people between the ages of 18 and 74 in Germany between September 16, 2022 and September 30, 2022. In addition to Germany, results were obtained in fifteen other countries from Europe, Asia, North and South America."

Coaching

Coaches who have built large consulting firms and successfully differentiate a small part of society from the larger part take a slightly different approach. They promise significant returns on investment when their executives are coached. Success is decided in the mind - or so the trend goes. It's a permanent education of leaders to become drivers. Employees who do the work are usually not coached. If they are, then the common practice is hiding in lean management. This truly has nothing to do with mental health.

For most providers, coaching costs range from \$40 per hour to \$3000 per day. If a billionaire or multi-millionaire offers coaching, expect prices around \$100,000. These do not include evaluation or certainty of results and are no different in content from the lower priced ones. The only difference is an individual who can sell

themselves well. There are no assured and no empirical results as to what these coached individuals have achieved.

Mentoring

Mentors should be emphasized here. They are successful and experienced in a particular field and take on the role of foster father for the more inexperienced. Here, the protégé receives emotional, professional, and social attention. Mentoring is the most effective form of mental support. It is practiced especially in the well-heeled circles, be it in political takeovers of the offices, in entrepreneurship or in the universities. This form of the support is based most strongly on the regularities of the brain research still before these were communicated but put into practice.

Psychotherapy

For many decades, it was a difficult walk to the psychotherapist. But since psychoanalysis is gaining an image in the USA and is highly sterilized in some circles, it has become "normal" in many people's minds without questioning it. But in companies, marriages, or looking for a partner, people think more rationally and demand a clear mind. It is a deceptive, unverifiable hypothesis whether going to a psychotherapist cures people from what brings them into their office.

This is probably because the success of psychotherapy is not frequent. Some people lose their property just to pay for psychoanalysis because they are stuck in addiction. Some become so-called secret therapists even in their environment because they have entirely forgotten what a loving, benevolent relationship feels like through the apparent connection with the therapist.

And the rest? If every third person continues to be mentally ill, even though so many are receiving therapy, this is probably the best

proof that psychotherapy has helped too little. Maybe we need more community in society after all, which could supplement psychotherapy? If this is the case, then ChatH2H could provide positive services.

Psychotherapy is based on behavioral research. Behavioral therapy has been researched in many ways, but especially in the areas of phobias. The therapies most often paid for by health insurance companies are in-depth psychological therapies, which have never been empirically studied in practice. Thus, in practice, everyone is doing their work and is usually happy to get the bill paid at the end of the session, which can never be challenged, even though the work does not bring any results.

Offers to strengthen mental health

There are countless offers for strengthening mental health. These are often intelligent, emotional, and effective offerings in the form of individual and group sessions from dedicated providers, not to mention support groups. These offerings often save lives, improve, and strengthen the mental constitution, and are worthy of discussion here.

The representatives of the billionaire psychiatry industry see it differently. Interesting in this context is the following statement of a professor from Germany:

<http://www.psychotherapie-prof-bauer.de/> "Psycho courses can do harm: Beware of outsiders and quacks! All kinds of therapy offered by self-proclaimed "therapists" without a state license are to be discouraged. Much harm and damage is done by people who offer meditative techniques, crying therapies, encounter groups, spiritual healings etc.. It is not uncommon for such alternative "therapies" to cause serious psychological disorders (especially psychoses). There are also warnings against psychologically inclined personnel courses and

leadership seminars, courses on "positive thinking" etc. Sects are also active in this market without making themselves known. Many of these methods aim unilaterally at the short-term increase of the personal achievement and the vocational effectiveness. After a short-term successful phase, misery follows. Therefore, beware: "Positive thinking makes you sick!" © Joachim Bauer. No comment on my part.

Neuroscience and offers for mental strengthening

The basis of mental health was and is a caring and nurturing environment. This task will probably remain in the care of the family for a long time. Family is and remains the core of child development. Is that enough? As we must realize, it is not. Whether sheltered or not, we meet in the real world, and everybody tries to insert their ideas and imprints into our lives.

The central question of neuroscience is whether we, as humans, can move far from what our childhood "programming" shaped us into. If at all: we need experience.

It is natural that when needs are not met, the person reacts with irritation. In this case, any effort to work on the behavioral level, as psychotherapy does, is pointless. Neuroscientists know that experiences are necessary for the satisfaction of psychological needs. In this regard, a bestseller by Prof. Markowitsch and Margit M. Schreier is recommended: "Reframing of Needs", Springer Verlag, 2019. On this basis, the NIKU method was conceived, called NIKU for short. The implementation can be found in NIKU Apps (App NIKU and App NIKU Inception) and WorkBooks "Reframing of Childhood" and "Reframing of Adolescence" 2020.

See www.niku-neuro.com. Internal research on more than 100 subjects shows a significant increase in self-esteem during and after using NIKU. NIKU Neuro AG conducts tests before and after using

NIKU based on self-assessment. Read more at www.niku-neuro.com, www.niku.de.

There are also interesting concepts for the coaching sector with a neuroscientific basis.

This is, for example, the concept and implementation of complete coherence, in which, among other things, dealing with stress plays the decisive role, with body and emotions receiving their appreciation. www.complete-coherence.com. It is also worth mentioning the Self-Trainings www.xpowerof10.com, which are neuroscientifically founded, and everyone can educate themselves purposefully to get the best out of it.

Seizing opportunities

H2HCoaching

Decisive opportunities in modern society, including vocational training or studies, can lead to more self-confidence through H2H support and, therefore, to more opportunities already. Fair distribution and better working conditions would be revolutionary in producing and marketing goods. This could be relevant in all countries of the world.

The almost limitless advice and support in different categories presented in H2H can mobilize people to take advantage of what they need to continue living life intelligently and purposefully. Personalized support can have benefits for any project or organization worldwide. H2H could ensure that every individual with members is informed, and equitable distribution is ensured.

Requirements Use ChatH2H

ChatH2H lives on communication between H2HClient and H2HCoach.

Requirements H2H Client

H2H client is a personality seeking conversation on a specific topic. This person has:

1. either made a report by describing her problem and waiting for someone to get back to them,
2. or they are looking at H2HCoaches to see who offers help in this category.

Regardless of whether this user advertises or addresses an H2HCoach, there must be a willingness to pay for the chat started. Already at the beginning, this person received 100 H2HToken. After spending it, they can purchase more H2HTokens from Service ChatH2H or coach others to generate revenue.

A prerequisite for use is also that H2HKlient is prepared. These can be questions concerning the person behind the H2HCoach. They can also be your own ideas and a few ideas about what the conversation should achieve. It is advisable to share these at the beginning. It is quite possible that a person just wants someone to listen, to be there for them. It is possible that someone just cries and feels "someone is there for me". And then some people clearly know what they want to achieve. Support in the form of a companion can be beneficial.

Requirements H2H Coach

What are the requirements for a ChatH2H user to act as an H2HCoach? We look at this from several angles.

In principle, this question would be simple because actually they could answer the 3 virtues: truthful, loyal and courageous.

Why these 3 virtues? Because they say a lot about the character of a person. Being truthful per se means performing every task to the best of one's ability. Being loyal means that one is committed to the other person. At last, courage in connection with truthfulness and loyalty promises goal orientation and the best result. Benevolence towards others is the fundamental basis and rounds off life skills.

Experiences in life shape a person. Experiences change brain structures and, in this respect, enable people to have it their way. "You can't have it your way" is often said by people who want to shut the other person up. Here at H2H, no one will ban anyone from speaking their truth. However, everyone has to take it to heart and

judge for themselves where they can help and where they should instead leave it alone.

To have a say in something means to have had experiences yourself. It means being able to empathize but not lose yourself in being a counterpart and being truthful, loyal, and courageous.

If you have been through a lot in the given categories, you can relate to what another person is going through.

The H2H Coach's expertise includes what is expected of a responsible citizen. That is:

- Common sense
- Empathy
- Ability to distance
- Physical fitness (physique)
- Emotional share name (Emotions)
- Benevolence towards others

- An attitude towards life and an attitude in oneself and others:
Build desire, shape, not destroy.

In some languages, the word „experience“ describes experience and insight in one. If you have experienced something, then you can have an opinion on the matter. That's all we expect. But always be truthful and loyal. The other person will do what they think is right anyway. They are only richer for one (your) experience. And that's what you get paid for.

Whoever wants to question that I believe everyone has these qualities, please ask yourself:

Can I fulfill this myself? And then decide to participate in H2H.

Rules

Rules are part of any community. We can establish them together. Life will teach us and rules will come from experience.

The first rules are the following:

- No racism - every person on earth and beyond is welcome,
- No sexism, no lewdness, no chat with sexual content,
- No homophobia, transphobia, xenophobia, casteism or other forms of exclusion,
- No incitement to violence or bullying,
- No promotion of violent ideologies, fanaticism, or conspiracies,
- No harassing, dogpiling or doxing other users,
- No online harassment, no online abuse, no behavior aimed at producing victims or targeting anyone.
- No flaming, no identity theft and public shaming
- No purchase of tokens from other users. This can only be done with our consent.

No Rules Without Sanction

Please note: These rules will be set and enforced by ChatH2H moderators if disobeyed. This means you will lose your membership and all your tokens.

You have no right to resell or keep H2HToken in this case.

Sale of H2HToken to third parties is prohibited until revoked and will result in criminal prosecution.

How is H2HCoach different from a psychotherapist, counselor, or coach?

H2HCoach does not need to have any of these trainings. I prefer that people at Human to Human spontaneously help others, off the cuff, with heart and mind.

Below are some theoretical approaches that are easy to understand, something like: what, how and why.

Theory of Mental Helping

Below, we briefly summarize the theoretical background that makes up an H2HCoach.

Basic Needs

How can life improvement take effect in the brain? What motivates a person to act and react the way they do?

Those are questions that have been bothering people since the beginning of time. A renowned psychologist, Abraham Maslow, presented one of the most popular and widespread theories that tried to explain this. He proposed that human motivation is found in unsatisfied needs. Everything we do and why we do it is said to be related in some way to a motivational act to satisfy or fulfill a need.

These needs are typically explained by a five-level pyramid, with the lowest level encompassing the most basic needs; the higher you go, the more complex the needs become.



Fig. 2: Maslow's hierarchy of needs is a model for understanding the motivations for human behavior. It maps different motivations onto a pyramid, with each level representing a different human need. <https://www.medicalnewstoday.com/articles/maslows-hierarchy-of-needs>

The four lower levels form psychological, physiological, and so-called deficit needs, while the higher levels are considered growth needs. According to Maslow, the needs of the lower levels must first be satisfied before the needs of the higher levels begin to influence human motivation.

The basic needs listed in the figure above are intended to guide reflection and assessment.

Psychology is based on behavioral research. It participates in people developing disorders because their basic needs have not been satisfied. That is where the unhealthy cycle begins. If one concentrates on the diseases, then they remain.

The motto is:

"People don't have glitches,
People have needs".

Simply put, psychological needs want to be fulfilled, like hunger for food, sexuality, and further development. Memory researcher Prof. Hans J. Markowitsch provides the neuroscientific rationale in "Reframing of Needs" 2019 Springer Verlag, Heidelberg/Germany.

The individual basic needs are proposed, for example, in the concept of NIKU, which can alleviate or even end the suffering from childhood by internalizing scenarios to basic needs and experiencing and repeatedly re-experiencing or even experiencing for the first time. The basic needs are presented in relation to the possibility of neuroimplantation. i.e., in relation to inner growth and positive development.

Scenarios on the following topics are offered:

- Attention, love
- Understanding, learning
- Participation in life
- Carelessness, serenity
- Creativity
- Identity
- Courage
- Life, Health
- Material wealth

Why is this important to us?

On all continents of the Earth, life mostly takes place in the categories proposed in ChatH2H.

Google provides us with answers to many questions that move us. But Google does not comfort and does not see you individually. Google does not emphasize your dignity, it is cold and predictable. The satisfaction of your psychological needs and the relief of your pain - only another person can give you that.

The fascinating thing about people is that we have an unlimited reservoir of imagination and goodness. This phenomenon can be controlled. It starts with a thought - our own thought and the thought already implanted by other people that never lets us go. Like a haunting melody.

A thought can also be used consciously to describe a need and to enter into a conversation with someone. In chat, we have a sender and a receiver in the interaction. The implanted thoughts that harm you can be let go where others are planted stronger and emotionally equal. This can be a task of a chat.

Chats are experiences. In order to make experiences meaningful and effective, it is recommended to design chats in such a way that H2HClient has enough opportunities to reflect, to get psychological nourishment, to feel comfortable. This means that in the end this person leaves more chat content than the H2HCoach. The effect results from the so-called Active Listening. The central thing here is: Inquire and listen. And use compassion in the right measure.

H2H Concept is the Concept of Self-Development

The H2HCoaching methodology described here corresponds to our internal needs of self-development. A person has the need to develop once childhood needs have been satisfied.

One of the needs is curiosity. It is, by the way, once of the most beautiful needs that hold a lot of love and naturalness.

Development of Personality and Self-Concept

Psychology deals with personality development and with self-concept. The German version of Wikipedia is interesting. Interested readers can inform themselves at: "Development of personality and self-concept" Wikipedia German. You don't find the mention of self-concept based on brain research here. But exactly this would be the interesting part.

H2H sees self-development as a process based on lived experience, which expands consciousness. H2H jumps on the moving train, so to speak, and captures moments we long for. Almost everyone has a moment that they will never forget. It almost always concerns a relationship with a person or animal. These are the deeply individual moments that have brought a realization or expansion of consciousness to the self. And then there are many experiences that are deeply emotional. Some feel good, while others can cause tremendous pain or lead to depression.

At ChatH2H, everyone now has the opportunity to experience their own self in a benevolent relationship. For a moment, the world will revolve around you, like the child who once was the center of attention. Get this moment and embrace it in your heart. It will enrich you and evoke gratitude. Now you have the chance to give back, turn to another person and evoke good feelings in them.

The core requirement of any chat experience is that people make an effort to get the most out of it. One party is there for the

other and pays it forward. That is how the seriousness of a service is given.

Every chat has the chance to touch the deepest levels of the human being and has the ability and power to transform the mental system.

We as humans have two systems accessible to us: the body and the emotions. In order not to lose ourselves mentally, paying attention to the body's signals is crucial. The body reveals our emotional state with signals like sweating or trembling. In addition, one can be so mentally tense that one does not feel the body at all. If such signals are perceived during the chat, it is recommended not to continue the conversation.

H2H client pays attention to their body signals and emotional state. It is advised to cry, laugh, and feel emotions. It is advised to go for a walk or do some sports. And last but not least, see a doctor to discuss it.

H2HCoach takes sips of water, notices their emotions, and ideally exercises or performs meditation to return to themselves.

It is completely normal to lose yourself to some extent. Staying mentally strong requires feeling that and responding to it.

Emotional involvement in the suffering of others is not pathogenic as long as one can allow it. There is a difference between what is commonly called empathy and real empathy.

Mere empathy, when one only listens and feels nothing emotionally oneself, can lead to burnout. If you are emotionally involved in what is happening, you feel with it, then you stay alive. You can cry, laugh or be angry together. That is healthy because it promotes vital energy.

Basically, the issue with people is not the energy itself but the quality of the energy. We all know the feeling of being agitated

because we got bad news. Such agitation is more of a hindrance than a benefit during the chat.

In summary, the following could be stated: Emotional involvement, focus, and clarity are the mental states we need to conduct a high-quality chat. Of course, it can happen to anyone that they get stressed. If this happens during a chat, expressing it would make the most sense, which can relieve the tension.

In common practice, the connection between coaching and stress is hardly present. However, if H2HCoach takes this into account, it can lead to its vast know-how that will allow the user to participate fully in their lives.

We recommend a natural and honest attitude in the conversation. In the future, as the need arises, we will offer H2HCoaching training to perfect the Human-to-Human Help.

Help With Factual Topics

Exchange on countless topics can make life and everyday life much easier. I know this is the case in some European countries, like Germany or Austria, where TV programs broadcast advisors who present failed private projects.

Just recently I saw a couple left with nothing because they were completely exploited by a construction company. Eventually, their money disappeared, and the construction company became insolvent.

We know by now how unreliable internet ratings are. ChatH2H can offer much more the possibility of concretization in an individual conversation, explaining in the exchange the points that help the user to make a decision.

One thing should be emphasized: Chat H2H is never about legal advice. It is only a "conversation across the fence". And this will never be actionable because the responsibility always lies in the H2HClient, who must see himself based on the suggestions expressed in the chat in the obligation to get himself the legal, medical, or whatever advice he needs.

Chat H2H can be a great help to get ideas about what to think about. You don't have to have done everything wrong yourself to be smarter. And the best advice from a professional comes when you know what questions to ask.

In this regard, chatting with someone who has already faced the same problem can bring much clarity.

Use ChatH2H

The first steps

From www.chath2h.com/steps

Instruction:

First steps with Chat H2H

If you are already registered, you can start setting up your ads now.

The Help Center helps you to place your ads in specific categories in the best possible way. If you have questions that can't be answered in the Help Center articles, you can always contact our support team.

To participate in H2H, it is advisable to be active in both areas:

As H2H coach

As a H2H customer

Step 1

The first 100 H2H tokens are here

Following the registration, you will automatically receive 100 tokens to get advice. Choose to have us hold the H2HTokens for you

or set up a CryptoWallet and we will send the H2H Tokens to your wallet.

CryptoWallet is a crypto wallet that allows you to purchase and sell crypto coins. For those who are unfamiliar with it, it is recommended that you seek detailed advice. We are not cryptocurrency advisors.

In the section you can view your transactions, i.e. inflows and outflows. 20% of all transactions are retained and remain the property of ChatH2H. That includes blockchain costs for wallet movements.

If you spent the 100 H2HTokens and did not receive any, then you can buy H2H tokens. Please note the following when doing so:

1. until a time determined by us, you may NOT sell the H2HTokens received, earned and purchased from us.
2. you may not exchange the H2HToken with other users.
3. you can return the first 100 tokens you received from us should you wish to leave and delete the ChatH2H account with us.
4. if you want to delete your account and still have remaining tokens that you purchased from us, please contact us.

Step 2

Choose a category in which you would like to post an ad so that someone can help you

Create a ad.

1. go to the categories
2. move the cursor to one of the categories where you are looking for people who have had similar experiences or are willing to help you.

3. in each category you have both options to act: As a client or as a coach.

4. click “need”

5. create a ad

Step 3

Choose a category where you tell others where and how you can help

1. go to categories,

2. move the cursor to one of the categories where you will share with people who have had similar experiences or are willing to help you.

3. in each category you have both options to act: As a client or as a coach.

4. click „Offer”

5. create an offer

Step 4

Earn or spend tokens

1. you can earn tokens by helping others and inviting them to chat.

You can find ads under: Needs. There, users have created ads that they need help with.

1.1 Click on the need.

2. you can get help. You will pay for this help with tokens. For this, you received 100 tokens from us to pay the H2H coach.

2.1 Click on Ads.

Step 5

Send messages

You have 3 free messages to arrange a chat meeting. You will also receive the messages by email. With one click you will be redirected to the portal where you can reply directly and immediately.

You can use messages only:

1. To know that you or another user is invited to chat.
2. Make an appointment

Step 6: Start chatting

You have several options to start the chat.

1. your selected chat partner is on (green light) -.

You click „Start chat“

1.1. your selected chat partner will answer immediately (5 min. waiting time) - they will also receive a message in the portal and by e-mail

1.2. your selected partner does not answer

1.3. they can answer you at a later

1.4. you will receive this answer in the portal and by e-mail

1.5. you can make an appointment for a chat.

2. Your selected partner is not available (gray).

2.1. you and your chosen partner have 3 messages each to make an appointment for the chat in the chosen thread (you can start several threads and make an appointment for the chat in each of them).

* There is a limit of 3 messages per topic

2.2 Each sent message is sent to both your and the chat partner's email address.

2.3 After the third message, the H2H inbox will be locked until you and your partner have a joint chat or after a period of seven days.

2.4 You or your chat partner can open a chat window at any time by pressing the "Start Chat" button in the mailbox window (if you are both online).

2.5 Once the chat has taken place or after seven days, the mailbox will be unlocked.

2.6. you can arrange a call again in the unlocked mailbox window.

Step 6

H2H Token Accounting

You pay tokens in advance to start. We assume a chat will last 25 minutes. You will be charged 1 token for one minute of chatting.

After the chat is terminated, you will receive the remaining tokens back.

Billing is done internally up to the final amount. Only after the chat is finished, the amount will be debited or credited to your account (or your personal wallet).

Technical implementation

In the preceding sections, the requirements for feasibility and the mechanisms for proving membership were presented. Furthermore, the requirements for taking possession of the H2HTokens were explained. Finally, we presented the necessity of the project, the requirement for H2H Client and H2HCoach, and what theoretical knowledge and practical procedures would be recommended to execute a high quality H2HChat. This was followed by the individual steps of the functionality.

Technical units in ChatH2H

Landing Page:

Inviting and visible, we provided the landing page for people to get the first idea: informative, atmospheric, and explanatory.

To dive into the functions of ChatH2H registration is required.

Administration:

After logging in, the administrator dashboard is displayed with the list of administrators.

The dashboard is displayed with the following elements: reported abuses, the possibility to configure system parameters, a list of blocked users, system log monitoring, and the possibility to assign tokens to a user.

Token Allocation:

After accessing the token allocation page, the administrator can select a user (email), select the number of tokens, and send them to the user. The user will receive an email notification about the received tokens.

Account recharge after token purchase:

After entering the account recharge page, the user selects the token amount. The payment process is executed compliant with Flow Stripe. The user account is updated with H2H internal units. An email with information about OffChain is sent to the user.

Account recharge after token allocation:

On the dashboard, user who has not yet received a grant in the form of tokens will see that he must make a call to action to receive free tokens. After the User clicks on "Receive free tokens", he will be redirected to a view where he can receive them by entering his phone number once - the phone number will not be stored in the system. The following steps are necessary:

The User enters the phone number and clicks Send, receives an SMS with a unique access code to tokens. The system stores a hash of the phone number with the information that it has received tokens. The user is logged in.

Edit a profile, access to data

The profile can be reedited, e.g.: Image/Avatar, Competencies/Needs, Categories. User has access to data including transaction history, chat history (token usage), Contact with the administration.

Create and edit ads

There are two types of displays in Chat H2H. These are:

- H2H client ads - here user offers their need - the area they want to get help in

- H2H Coach ads - here user offers their need - the area they offer help in Both types of ads can be edited by the user.

Search and save favorites

In both types of ads, users can search. They can browse the offers of people seeking help and the Coach's offers.

In both search options you can save your favorites.

Mailbox

After going to the "Messages from users" page, you can see a list of messages (new and read). The user has the possibility to send message 3 times in one ad. Messages are there to arrange a chat, to join a chat, to invite people to chat.

Administrator Back Office

The blocking and unblocking of users: Creation of an administrator role that can view lists of all users and make changes to their status. The administrator can lock and unlock users via a button.

Enabling the distribution of tokens to users

The administrator can distribute any number of tokens to users of his choice.

Reported abuse

After viewing the "Reported abuse" page, the administrator has the possibility to read a message describing the abuse and possible blocking of the user. After viewing the "Blocked users" page, the administrator has the possibility to filter the list, view data about the blocked user and unblock the user.

After entering the system log monitoring website, the administrator has the possibility to view and filter logs of the system.

Administrator

Can configure the system/integration with the email system, configure the system/integration with the audio/video streaming system, configure the SMS system, configure the integration with the blockchain, and manage the system wallet (treasury).

ChatH2H protocol

ChatH2H is a blockchain-based protocol that consists of both off-chain and on-chain components (smart contracts) and is based on Polygon. The approach is user-friendly, especially aimed at crypto beginners, and offers simple financial functions based on decentralized financing.

To start until Target 1, users receive a base of 100 H2HTokens. The protocol supports the mission of ChatH2H by allowing users to educate, develop, provide advice and assistance to others, and earn

more tokens. These structures result from the need to scale and current gas pricing, which could be prohibitively expensive for billions of people in real terms. Polygon is chosen to maintain low price range. Blockchains play an important role in the H2H Protocol. They provide a trusted and decentralized source of users' data and enable other functions such as: Management of own tokens.

Decentralization

The ChatH2H protocol is powerful. ChatH2H offers ways to avoid having centralized control over everything. H2H is meant to serve people, thus decentralized services are of enormous importance. Digital services have frequently disappointed people's trust. To ensure that the ChatH2H protocol brings the maximum benefit to humanity, we have created the protocol, ecosystem, technical computation, development, and governance transparent, to be verifiable, and decentralized.

The ChatH2H protocol is designed to be decentralized to make it resilient, eliminate single points of failure, and put control of individual economics in the hands of the people who use it.

The decentralization goals of the protocol include:

- Permission-free operation that allows anyone to issue and use credentials without central authorization,
- Decentralized operation that allows the use to execute without a centralized party,
- Support for credentials on custom wallets. Users choose their wallet and are not tied to a specific platform

Outlook

The ChatH2H platform is a human project. It is a real and ideal project at the same time.

Real, because every human being on earth can participate. The starting capital in the form of internal tokens allows users to get a mental or expert (the other person helps where they themselves have gained experience) assistance. The project is somewhat of an „ideal“ because there can be no project in real terms in which all the people of the Earth will participate. This is already impossible for the reason of censorship in some parts of the world. There are too many unreachable groups that we will not be able to reach due to technical inaccessibility.

Nevertheless, CHatH2H is aimed at every citizen of the world with the symbolic power to belong. And that they know that there are 100 H2HToken available, which they only have to get and address someone to make them feel better or draw from experiences that other people have made.

We assume the number of 8 billion people worldwide. Since everyone can be active with a starting capital of 100 tokens (donated by us or bought by themselves) we suggest the number of H2H tokens of 800 billion.

800 billion H2H tokens
We proceed in stages, in targets:

Target 1:

The first 100,000 registered users will each receive 100 tokens for free as seed money. Thus, at least 10 million tokens will be issued and will providing information about what the market needs and how we proceed. Strategic conclusions will be drawn, and Target 2 will be defined before Target 1 expires.

Target 2:

Target 2 depends on how parameters in Target 1 behave. There has never been a project like this that cares for the well-being and mental development of every citizen on Earth.

Technology and internal token introduction make it possible.

Outlook:

There are not many models for virtual currency exchange rates. One of the best known is "On the Value of Virtual Currencies" Wilko Bolt, Maarten R.C. Van Oordt, first published: 21 April 2019.

The model assumes that the value of virtual currencies is influenced by three main factors:

- From the usefulness of virtual currency for payments,
- From the decision of forward-looking speculators to regulate the supply of virtual currency,
- Of the elements that drive user acceptance and merchant acceptance of a virtual currency.

We at H2H Token are way too far away from discussing this today, but we are thinking about what could be possible from the project. What an inspiring seduction to venture into the unknown and almost limitless.

More details will follow in due course.

The ChatH2H team sends
their warmest greetings



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