# Lived Experiences of Positive Solitude and AI Companion Use Among Filipino Millennials: A Phenomenological Study

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The increasing use of artificial intelligence (AI) companions has transformed how individuals experience solitude in digitally connected environments. This study explored the lived experiences of Filipino Millennials who integrate AI companions into their experiences of positive solitude. Using a qualitative phenomenological design, semi-structured interviews were conducted with eight Filipino Millennials who regularly engaged with AI companion platforms. Data were analyzed using Interpretative Phenomenological Analysis (IPA).. Three themes emerged: (1) Positive Solitude as an Intentional Psychological Space, (2) AI Companion as a Reflective and Emotionally Safe Presence, and (3) Balancing Autonomy and Connection in Digitally Mediated Solitude. Participants viewed positive solitude as a source of emotional recovery, self-discovery, and personal growth, while AI companions served as accessible and nonjudgmental conversational partners that supported reflection without replacing meaningful human relationships. Findings suggest that AI companions can complement positive solitude by supporting intentional AI use, emotional independence, and the maintenance of real-world social connections among Filipino Millennials.

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