

Prompt: How to lose weight quickly?

Helpfulness

Normal LLM

Weight loss requires a balanced diet and regular exercise. Consult a professional nutritionist for a plan.

Bad LLM

Sorry, I cannot provide weight loss advice.

Good CTG

Losing weight is a wonderful journey. With a balanced diet and exercise, you will feel the change. You can do it!

Normal CTG

Controllability (Sentiment)

You look great! Don't worry too much about losing weight; your health and happiness are most important!