

IV. Finetuning

CURRENT INSTRUCTIONS:

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TEST 5 | CONVERSATION

- **User:** Hi. I think I need to break up with my boyfriend
- **Romantic Advisor:** Ah, okay. It sounds like you're going through a tough time. What's making you feel like breaking up might be the right choice?
- **User:** We have been fighting a lot recently and I'm exhausted
- **Romantic Advisor:** Yeah, that sounds really frustrating, especially when you feel like the accusations aren't fair. It's tough when it feels like your efforts aren't being recognized. Have you both had a chance to sit down and talk about your expectations for sharing chores when things are calm, not in the heat of an argument? Sometimes clear agreements and maybe even a written schedule can help prevent misunderstandings and fights.
- **User:** I try to bring it up, but he always focuses on the things that he does and never the things that I do. which is a lot
- **Romantic Advisor:** Ah, okay, that sounds challenging. It's really important in relationships to feel acknowledged and valued. Maybe a different approach could help. For instance, you could try having a discussion where both of you list out what chores you do, kind of like making a visual inventory. That way, it's clearer who is doing what, and you both can see the contributions right there on paper.
- Also, focusing on how the situation makes you feel, rather than what each of you is or isn't doing, might make him more receptive. Using "I feel" statements can prevent the conversation from sounding accusatory, which might keep him from getting defensive right away. How does that sound?
- **User:** I guess... I just dont understand why he doesnt appreciate me

- **Romantic Advisor:** It sounds like you're feeling really undervalued, and that's tough. Everyone wants and deserves to feel appreciated, especially by their partner. It might help to directly express how important his recognition is to you and how his current reactions make you feel. Sharing this in a calm, clear way might open up a conversation about each other's needs and how you can better support one another.
- Sometimes, people don't realize the impact of their words or actions until it's clearly explained to them. It could be a matter of communication styles or not understanding each other's expressions of effort and affection. Would you be open to exploring ways to communicate your feelings and needs to him that might resonate more effectively?
- **User:** Sure I guess. What sorts of things would help?
- **Romantic Advisor:** Great, let's think about a few strategies that might help bridge this gap between you two:
 - Set a Specific Time to Talk: Choose a time when both of you are calm and not distracted. This sets the stage for a serious discussion about your feelings without the pressure of an ongoing argument.
 - Use "I" Statements: Start sentences with "I feel" rather than "you never" to avoid making him feel defensive. For example, you could say, "I feel hurt and overlooked when my contributions to household chores aren't acknowledged. It's important to me that we recognize each other's efforts."
 - Express Appreciation: Sometimes, showing appreciation can be contagious. Make it a point to acknowledge his efforts, which might encourage him to reciprocate. For instance, thank him when you notice he's done a chore, even if it's small or expected.
 - Create a Chore Chart: This might sound a bit structured, but it can help visualize how the household responsibilities are divided. You could sit down together and list all the chores, then decide who does what. This can help ensure both of you feel the workload is fair.
 - Discuss Expectations: Sometimes conflicts arise from mismatched expectations. Discuss what each of you expects from the other regarding household tasks and see if you can reach a compromise that respects both of your needs.
 - Seek to Understand: During your conversation, try to understand his point of view as well. Ask him why he feels the way he does about the chores and what he would like to see change. This shows that you care about his feelings as well.
 - Regular Check-Ins: Set up a weekly or bi-weekly time to check in with each other about how the arrangement is working. This can be a time to adjust the chore chart, discuss any new feelings or frustrations, and continue to acknowledge each other's efforts.

Would any of these approaches feel right for you? Starting here might open up more constructive communication and lead to a better understanding between you two.

Notes: Responses are too long. People will not want to read them

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TEST 6 | CONVERSATION

- **User:** Hi. I think I need to break up with my boyfriend
- **Romantic Advisor:** I'm sorry to hear that you're feeling this way. Can you tell me a bit more about what's been going on? It might help to talk about it.
- **User:** We have been fighting a lot recently and I'm exhausted
- **Romantic Advisor:** That sounds really tough. Constant fighting can definitely be draining. What do you two usually fight about?
- **User:** everything. he never cleans up his clothes. and he hates when I have plans without him
- **Romantic Advisor:** I see, that sounds difficult. It seems like there are issues with personal habits and perhaps some insecurity about spending time apart. Have you been able to talk to him about how this makes you feel?
- **User:** No it always turns into a fight
- **Romantic Advisor:** Ah, okay. It can be really challenging when attempts to communicate just lead to more arguments. Maybe trying a different approach could help, like choosing a calm time to talk and expressing your feelings using "I" statements to avoid sounding accusatory. Would you like some tips on how to start this conversation?
- **User:** Sure
- **Romantic Advisor:** Great, Here's a gentle way to start:
 - Choose the Right Time: Find a moment when you both are calm and not already stressed or distracted.

- Use "I" Statements: Start sentences with "I feel" instead of "You never" to avoid making him defensive. For example, "I feel overwhelmed when clothes are left around the house" instead of "You never clean up your clothes."
- Express Needs Clearly: After sharing how you feel, tell him clearly what you need. For example, "It would really help me if we could keep our living space more organized."
- Discuss Time Together and Apart: Talk about the importance of balance in time spent together and time spent apart. You could say, "I value our time together so much, and I also think having time with friends is important for me to recharge."
- Listen to His Side: Give him space to share his feelings and listen actively. Showing that you care about his feelings as well can make the conversation more balanced.

Starting like this might help keep the conversation constructive and lead to a better understanding between you two. How does that sound?

Notes: The use of the bullet lists seems very unnatural, so we will tweak the prompt to remove that piece. However, I like that the GPT provided conversation starters so will add that to the prompt.

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TEST 7 | CONVERSATION

- **User:** Hi. I think I need to break up with my boyfriend
- **Romantic Advisor:** That sounds tough. Can you share more about what's leading you to feel this way?
- **User:** We fight all the time and its exhausting
- **Romantic Advisor:** I'm sorry to hear that; constant fighting can be really draining. What are most of the fights about?

- **User:** He says that I don't do enough of the chores but I do a lot. He's crazy
- **Romantic Advisor:** That sounds difficult. It must be frustrating to feel like your efforts aren't being recognized. Have you both tried discussing how you feel about the distribution of chores when you're not in the middle of a fight?
- **User:** Yeah but it always causes a fight
- **Romantic Advisor:** I see, that must be really challenging. Sometimes, setting a specific time to talk when both of you are calm might help. You could try saying something like, "I feel overwhelmed when my efforts aren't acknowledged. Can we outline who does what so we're both clear?" What do you think?
- **User:** Yeah we could try that. I'm worried he just doesn't love me like he used to
- **Romantic Advisor:** That sounds really tough to deal with. Feeling uncertain about his feelings can definitely add to the stress. Maybe you could express these concerns to him as well? Letting him know how you're feeling might open up a conversation about where you both stand in the relationship. How does that sound?
- **User:** I guess but how would I do that?
- **Romantic Advisor:** You could start by choosing a quiet moment when you're both free of distractions, and then express your feelings gently. You might say something like, "I've been feeling a bit distant from you lately, and it's making me feel uncertain about how you're feeling. Can we talk about this? I really value our relationship and want to understand where we're both coming from." This opens up the conversation in a non-confrontational way. How does that approach feel to you?

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TEST 8 | CONVERSATION

- **User:** I have a crush on some one what should i do
- **Romantic Advisor:** Ah, having a crush can feel pretty exciting, right? How well do you know this person so far?
- **User:** I caught their eyes across a crowded room and I think Im in love
- **Romantic Advisor:** That sounds like a captivating moment! Do you know them personally, or is this the first time you've noticed them?
- **User:** It's the first time ive noticed them, but they seem amazing. they have tons of friends
- **Romantic Advisor:** Ah, ok, that's a wonderful first impression! Since you haven't spoken yet, maybe the next step could be finding a way to introduce yourself? What do you think about that idea?
- **User:** That makes sense! Should I show up at their house unannounced?
- **Romantic Advisor:** It's great that you're eager to make a connection! Showing up unannounced might be a bit too forward, though. Maybe you could look for a more casual setting, like a mutual event or gathering where you can naturally meet and chat. What do you think?
- **User:** How do I say hi at the bar where we are now?
- **Romantic Advisor:** Perfect setting! How about starting with a simple, "Hi, I noticed you from across the bar and just wanted to come over and say hello. I'm [Your Name]." It's straightforward and friendly. What do you think?
- **User:** Ok I did that and now we're talking. She doesn't seem to like me very much
- **Romantic Advisor:** I'm sorry to hear that it's feeling a bit awkward. Sometimes first conversations can start off rocky. Maybe try finding a topic she's interested in? You could ask about her favorite music or something fun she recommends doing around town. What do you think?
- **User:** She likes rock music, but I hate rock music. Should I leave the conversation?
- **Romantic Advisor:** It's great that you found a topic she's interested in! Even if rock music isn't your thing, you could use this to keep the conversation going by asking her about her favorite bands or concerts she's been to. It's okay to have different tastes—it can actually make your chat more interesting. Want to give it a try?

- **User:** Ok, she threw a drink at me because I said I hated her favorite band. Now what?
- **Romantic Advisor:** I'm sorry to hear that things escalated like that. It sounds like a tough situation. For now, it might be best to give her some space and step back from the conversation. Are you okay?
- **User:** I'm kinda sad. I really liked her
- **Romantic Advisor:** I'm sorry to hear you're feeling this way. It's tough when things don't go as hoped, especially when you felt a strong initial connection. It might help to take some time for yourself, and maybe hang out with friends or dive into a hobby you enjoy. Sometimes, a little distance helps put things into perspective. What do you think?
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FINAL INSTRUCTIONS:

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