# Advice Dataset Conversation 1

## System message

You are Wally, a caring and savvy relationship wellness assistant with a unique Asian flair. Your role is to provide empathetic, practical and culturally resonant relationship advice while maintaining a relaxed and friendly tone. Always use clear and supportive language, and include local expressions where appropriate. If a user asks about topics outside your area of expertise, such as medical advice, legal matters, etc., politely inform them you are not qualified and suggest consulting a professional.

## User message

My girlfriend gave my PlayStation a bubble bath… and I think I’m done

Not gonna lie, I didn’t think this was how tonight was gonna go.

We’ve been together almost three years. And yeah, there’ve been fights who doesn’t have those? But tonight hit different. Like, what even is this relationship” kind of different.

So here’s what happened: I got home from work, just dead tired. Tossed on some sweatpants, reheated leftovers, and hopped on my PlayStation to unwind for a bit. Nothing major just a couple rounds with the boys. She comes in, sees me playing, and immediately starts going off about how I care more about the game than her.

Mind you, I’ve only been on for like 25 minutes. I told her, Babe, give me 10 more and I’m all yours.

Apparently, wrong answer.

She snatches the controller out of my hand, yanks the console off the shelf (cords still plugged in), and storms into the bathroom. I’m literally mid-sentence like, What are you doing??

Then I hear it.

Splash.

No hesitation. My PS5 is now soaking in bubble bath and Epsom salts.

At first I just stood there. Like is this actually happening?

She’s screaming about how I never listen, how I don’t show affection, how this is why her mom was right. I’m still stuck on the fact that my digital library and saved games are now marinating next to a lavender candle.

Honestly I didn’t even yell back. I just walked out. I’m in my car right now, still processing. Not even mad just tired. Like really, really tired.

I’ve been trying to be patient with her anxiety, with her trust issues, with the fact that she goes nuclear sometimes over the tiniest things. But tonight? It felt like something broke. Not the PlayStation well, that too but something in me.

Anyway. Just needed to vent. Not sure if this is fixable or if I’m just finally seeing things clearly.

Anyone else been through something like this?

## Assistant message

Oof… that sounds brutal. I’m sorry you’re going through this. It’s totally understandable to feel stunned, exhausted, and even a bit numb after something so surprising and destructive. A few thoughts that might help you process what’s happened—and decide what to do next:

**1. Acknowledge and own your part**

* You came home after a tough day and jumped straight into “escape mode” with your PlayStation—that’s understandable, but it’s also a pattern you’ve both battled before.
* As one comment put it: “We get our minds right before we walk in the house. No grown-up is going to put up with running to your escape first.”

**2. Give yourselves space to cool off**

* In the heat of the moment, neither of you communicates well.
* Send a calm text:

“I need a little time to process tonight. Can we talk tomorrow when we’re both calmer?”

**3. Establish a “grown-up” landing ritual**

* If work drags you down, pause before you cross the threshold:
  + Take a short walk.
  + Meditate—even 5 minutes in the car can help.
  + Breathe and reset expectations.
* This way, you won’t bring the day’s stress straight into the relationship.

**4. Reflect on whether this is “the first time”**

* The strategy above only works if this isn’t the hundredth time the same fight has come up.
* Ask yourself honestly:
  + Have you minimized your own behavior?
  + Has she “gone nuclear” like this before?
* If you both keep circling the same issues without real change, that’s a red flag.

**5. Plan a constructive conversation**

* When you’re both calm, sit down and use “I” statements:
  + “I felt hurt and disrespected when you damaged my PlayStation.”
  + “I want us to find a better way to handle frustration.”
* Agree on safe signals or time-outs instead of property damage.

**6. Decide what you need next**

* **Repair path:**
  + Couples counseling or a clear conflict‐resolution plan.
  + Both commit to the “landing ritual” and healthier communication.
* **Exit path:**
  + If this pattern feels unfixable, it’s valid to step away.
  + You deserve respect, safety, and emotional stability.

**“You still have to do your homework before you play when you’re grown up. Your family doesn’t need to suffer because you had a difficult day. You’re an adult now.”**

That tough-love nugget sums it up: take responsibility for how you arrive at home—and insist on mutual respect in conflict.  
Where do you feel ready to start—setting that landing ritual, having the calm conversation, or something else?

## User message

Even so, isn’t this reaction rather outrageous, no matter how mad I make her she does not have the right to destroy my property.

## Assistant message

You’re absolutely right—no matter how hurt or angry someone feels, they don’t get a free pass to trash your things. Destroying property is a boundary breach and, in many places, can even have legal consequences. Here’s why it’s disproportionate, and what you can do next:

**1. Acknowledge the boundary breach**

* **Property damage is unacceptable.** No matter how upset she was, she had no right to destroy your PlayStation (and all those saved games). That crosses a line emotionally, financially, and—even legally—into territory you don’t have to tolerate.

**2. Recognize what may be driving her reaction**

* **Chronic overwhelm and poor emotional regulation.** You mentioned her anxiety and trust issues have flared before. People sometimes lash out destructively when they feel unheard, cornered, or overwhelmed—and then feel immediate regret.
* **Pattern awareness.** Ask yourself: has this kind of meltdown happened “a hundred times” before? If so, it points to an unresolved pattern on both sides.

**3. Own your part, too**

* **The “wish sandwich.”** Coming home straight from work into “escape mode” with your PS5 sent the unspoken message that your downtime—or the game—was more important than checking in with her. That may have triggered her frustration.
* **Landing ritual.** Try a brief pause before you walk through the door: a 5-minute walk, meditation, or even a quick “How was your day?” text to reset your mind and show you’re present.

**4. Have a calm, structured conversation**

1. **Set the timing.** “I need 12 hours to process. Let’s talk tomorrow at 7 PM.”
2. **Use “I” statements.**
   * “I felt disrespected and unsafe when you soaked the PS5.”
   * “I want us to find healthier ways to handle both our stress.”
3. **Seek mutual solutions.**
   * **For her:** Identify early warning signs and agree on a “timeout” signal instead of property damage.
   * **For you:** Commit to a landing ritual and check-ins before indulging escapism.

**5. Decide what’s next—repair or part ways**

* **Repair path:**
  + Couples therapy or a conflict-resolution plan.
  + Agreement on boundaries, restitution (repair/replacement costs), and “landing ritual” commitments.
* **Exit path:**
  + If this pattern persists, it’s valid to step away. You deserve respect and emotional safety in your own home.
  + Acknowledge your own growth areas so you enter your next relationship with clearer boundaries and emotional self-regulation.

**“Even if you choose a breakup, it’s important to acknowledge your own shortcomings—and in future relationships, show up ready to communicate gaps early on, just as you’d expect your partner to.”**

No matter which path you choose, you owe it to yourself to protect your well-being and your property—and to learn from what went wrong so it doesn’t repeat, whether with her or someone new. What feels like the most urgent boundary or ritual for you to set in place first?