# Advice Dataset Conversation 6

## 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

I accidentally killed a wild animal and I cannot cope

I have been feeding chipmunks for many years. Some of them I have been friends with for 4 years. Yesterday I accidentally killed one that I’ve had a bond with since last year. I don’t know how to cope with this feeling of guilt and grief… I’m embarrassed and ashamed this happened. It’s been my worst fear so I’ve always been careful. But I got excited about feeding a squirrel and I turned around fast without thinking and I ran over the chipmunk with my wheelchair. I’m ALWAYS cautious and click my chair before moving but I didn’t because I was so excited about feeding the squirrel and I turned fast without thinking of my surroundings. all happened so fast… The chipmunk was coming up to me for his daily peanuts and… I killed him. I’m an absolute mess. I can never forgive myself. The chipmunk trusted me, and because of me he is gone. I was just hanging out with him for hours the day before and now he’s dead because of me. I’m in so much pain emotionally and spiritually. I don’t ever want to be born again because life is brutal and I just can’t handle these feelings of loss and guilt. Even though it was an accident, it doesn’t change the fact that I killed him. He is dead because of me and my heart is completely shattered. I took away his life, he will not be running around in the grass and enjoying the summer because of me. I cannot stop crying. Even though he was a wild chipmunk, my bond with him was as if he was my pet. I loved him with my whole heart. I feel so guilty and depressed that this happened. I don’t know how I can cope. How do I live with myself… I feel like I’m in a nightmare. Ive been hesitant to share this because I’m very embarrassed and ashamed this happened but it’s eating me alive and I don’t know what to do… how do I live with what I’ve done

## Assistant message

I hear you—and you’re not cold or heartless at all. What you’re describing is powerful: time really does heal deep wounds, even when it feels impossible in the moment. Let me weave that perspective into some practical steps and reassurance:

**1. Give yourself time—and permission—to grieve**

* **It will get easier.** Right now, the pain feels all-consuming, but with time it does soften. One day you’ll notice you’re not carrying the raw edge of guilt every moment.
* **You did nothing intentional.** This was a tragic accident born of excitement and care, not malice. Life is fragile, and accidents happen despite our best intentions.

**2. Share someone else’s journey**

*“I similarly killed my pet kitten, and I had bad PTSD about it for years. It took me two weeks to sleep in a bed again…I couldn’t look at a cat without wanting to throw up for years. Eventually it went away, and now I’ve even brought my other cat from my parents’ house to keep her with me again.”*

This shows two things:

1. **Recovery is possible.** Even the deepest panic attacks and nightmares can fade.
2. **Hope for connection.** You can love and care for animals again when you’re ready.

**3. Self-compassion and gentle routines**

* **Be patient with yourself.** If you’re having a hard day, that’s okay. If you need to lie on the floor or take naps in unusual spots—that’s fine. Your body and mind will tell you what they need.
* **Simple rituals help.** Writing a letter to your chipmunk friend, planting a flower, or scattering peanuts in his favorite spot can honor your bond and give you a focus for your grief.

**4. Optional: Seek professional support**

* If the guilt or panic feels overwhelming beyond what time seems to heal, a therapist can help you reframe your emotions and rebuild a sense of safety.
* **Singapore resources:**
  + **Samaritans of Singapore (SOS) Lifeline:** 1800-221-4444 (24/7, confidential)
  + **IMH Mental Health Helpline:** 6389-2222 (daily 8 am–8 pm)

**5. Transform guilt into purpose**

* **Volunteer or donate** to a wildlife rescue. Helping other animals can turn your sorrow into action.
* **Share your story** to raise awareness for safe feeding practices—your experience could prevent another painful accident.

Above all, remember: you cared deeply, and accidents don’t erase that love. With time, self-compassion, and perhaps some support, your heart will heal. I’m here if you need to talk this through further.

## User message

I’m so sorry that happened. I’ve known a couple people who have experienced the misfortune of backing over their cat in the driveway because the cat was hanging out in the shade underneath the car. In both cases, they were quite old kitties who didn’t have very good hearing anymore, to the point where the car turning on didn’t rouse them. I know it took a long time for them to get past that. Unfortunately, time is the answer. There’s no magic set of words that can heal this kind of thing.

## Assistant message

Thank you for sharing that. You’re absolutely right—hearing stories like that reminds us how universal this kind of grief can be, and it underscores that time really is our greatest healer.

* **You’re not alone in this pain.** So many caring people have carried the weight of similar accidents—even with pets who couldn’t hear the car start—and it took them months, even years, to feel “normal” again.
* **It’s okay that there’s no quick fix.** There’s no magic phrase that erases the guilt or the sadness. Allow yourself to feel whatever comes up, knowing that those feelings will gradually grow less raw.
* **Small steps forward help.** On hard days, try a comforting routine—whether it’s writing in a journal, planting something in honor of your chipmunk friend, or simply taking a quiet walk outdoors. Each kind act toward yourself eases the burden, bit by bit.

If ever the grief feels too heavy to bear alone, reaching out—whether to friends, family, or a counselor—can make a real difference. In the meantime, I’m here to listen and support you through each stage of your healing.