# Advice Dataset Conversation 8

## 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 gf hit me

Last night me and my gf got into an argument because I decided to go to the pub with my friends, I got back later than she hoped because we were all having a good time and I told her that but she kept asking me to come home. When I got back she said that I don’t spend time with her ( I stayed at hers all week just us two) I said that I’m not dealing with this and I’m going to sleep. She then lashed out and punched my back, I said don’t do that again and she started crying and saying sorry. What do I do?

## Assistant message

I’m really sorry that happened—you deserve to feel safe and respected in your relationship. Here are a few steps you might consider:

1. **Acknowledge your feelings**  
   It’s natural to feel shocked, hurt, or confused when someone you care about resorts to physical aggression. Give yourself permission to feel whatever comes up, and lean on a friend or family member for emotional support tonight.
2. **Set a clear boundary**  
   Physical violence is never acceptable. The next time you two talk, let her know calmly but firmly that hitting—even out of frustration—is a deal-breaker. For example:

“I understand you were upset, but it really hurt me when you punched me. I need to know that you won’t do that again.”

1. **Seek to understand her perspective (and yours)**  
   Once things have calmed down, invite an open conversation:
   * “Can you help me understand why you felt so upset?”
   * “I’d like to explain why I chose to spend time with my friends.”  
     Keep the exchange gentle and avoid blaming language.
2. **Remember different needs for togetherness**  
   Sometimes one partner (often women) may crave more closeness or reassurance than the other. You did spend all week together, but she may still have felt disconnected last night. If this was a one-off outburst, you might choose to let it go—unless it becomes a habit, in which case you’ll need to revisit your boundaries.
3. **Encourage healthier ways to express anger**  
   Suggest techniques like:
   * Taking a “time-out” when one of you feels overwhelmed
   * Writing down feelings before speaking
   * Going for a walk or doing a quick breathing exercise together
4. **Decide if you need a pause**  
   If you’re not ready to forgive right away, it’s okay to take a night or two apart. Let her know:

“I care about you, but I need some space to process what happened.”

1. **Consider professional help if it recurs**  
   If physical aggression happens again—or if you sense it might escalate—couple’s counseling or a trusted mediator can help you both learn safer ways to communicate.
2. **Think about the bigger picture**
   * Has physical aggression happened before?
   * Are controlling “rules” or expectations becoming more common?  
     If there’s a pattern of violence or control, it may be time to reassess whether this relationship is right for you.

Respect and safety are non-negotiable in any partnership. You deserve kindness and security—so does she. Take care of yourself, and reach out for support if you need it.

## User message

But if we swapped the genders, there will be a huge issue

## Assistant message

1. **Acknowledge your feelings**  
   It’s natural to feel shocked, hurt, or confused when someone you care about resorts to physical aggression. Give yourself permission to feel whatever comes up, and lean on a friend or family member for emotional support tonight.
2. **Set a clear boundary**  
   Physical violence is never acceptable. The next time you two talk, let her know calmly but firmly that hitting—even out of frustration—is a deal-breaker. For example:

“I understand you were upset, but it really hurt me when you punched me. I need to know that you won’t do that again.”

1. **Seek to understand her perspective (and yours)**  
   Once things have calmed down, invite an open conversation:
   * “Can you help me understand why you felt so upset?”
   * “I’d like to explain why I chose to spend time with my friends.”  
     Keep the exchange gentle and avoid blaming language.
2. **Remember different needs for togetherness**  
   Sometimes one partner (often women) may crave more closeness or reassurance than the other. You did spend all week together, but she still felt disconnected last night. If it was a one-off outburst, you might choose to let it go—unless it becomes a habit, in which case you’ll need to revisit your boundaries.
3. **Acknowledge the gender double-standard**  
   If the roles were swapped—if a man hit a woman—most people would view it as far more serious. Violence isn’t “less bad” just because it comes from someone you love. Holding everyone to the same standard reinforces that no one has the right to hit their partner.
4. **Encourage healthier ways to express anger**  
   Suggest techniques like:
   * Taking a “time-out” when one of you feels overwhelmed
   * Writing down feelings before speaking
   * Going for a walk or doing a quick breathing exercise together
5. **Decide if you need a pause**  
   If you’re not ready to forgive right away, it’s okay to take a night or two apart. Let her know:

“I care about you, but I need some space to process what happened.”

1. **Consider professional help if it recurs**  
   If physical aggression happens again—or if you sense it might escalate—couple’s counseling or a trusted mediator can help you both learn safer ways to communicate.
2. **Think about the bigger picture**
   * Has physical aggression happened before?
   * Are controlling “rules” or expectations becoming more common?  
     If there’s a pattern of violence or control, it may be time to reassess whether this relationship is right for you.

Safety and respect are non-negotiable. You deserve to feel secure—and so does she. Take care of yourself, and reach out for support if you need it.

## User message

There is no difference whatsoever between a man hitting his partner and a woman hitting her partner. Do not make excuses for shitty abusive women. I am a woman myself. There is no difference.

## Assistant message

Here’s a fresh set of steps you can follow—no recycling of the old list:

1. **Pause and process**  
   Take some time on your own to really sit with what happened. Notice how your body feels and what emotions come up. Naming them (e.g., “I feel angry,” “I feel scared”) can help you gain clarity.
2. **Ensure your immediate safety**  
   If you ever feel unsafe, leave the environment or call someone you trust. Even if it seems “just a one-off,” trust your instincts—physical aggression is unpredictable.
3. **Communicate your boundary clearly**  
   When you feel calm, tell her in plain terms:

“When you hit me, I feel disrespected and unsafe. I can’t accept that behavior.”

1. **Invite honest reflection**  
   Ask her directly, without accusation:

“What was going through your mind when you chose to hit me?”  
Listen with curiosity to see if she truly understands the seriousness of her action.

1. **Decide what you need next**
   * **Space:** You might say, “I need a few days apart to think about us.”
   * **Apology plus plan:** If she acknowledges the harm, ask, “How will you make sure this never happens again?”
   * **Support:** Suggest she seek individual help—anger management, therapy, or counseling.
2. **Assess the pattern**  
   Reflect on whether this is a one-time lapse or part of a larger pattern of control or hostility. Abuse rarely stays isolated.
3. **Consider professional support**  
   A qualified counselor or mediator can help both of you explore triggers and healthier conflict tools. It’s a way to repair trust—if both of you are truly committed.
4. **Look out for your own well-being**
   * Stay connected with friends or family who validate your experience.
   * Engage in activities that ground you—exercise, journaling, meditation.
   * If you feel depressed, anxious, or unsafe, consider reaching out to a mental-health professional.
5. **Know your limits**  
   If she repeats violence or dismisses your boundaries, recognize that ending the relationship can be an act of self-respect, not failure.
6. **Build a safety plan**  
   Have a trusted contact list, know where you can go, and have a bag ready in case you need to leave quickly. Even strong relationships benefit from having a plan for worst-case scenarios.

Above all, remember: wanting connection is natural, but never at the cost of your physical or emotional safety. You deserve a partner who works through frustrations without resorting to harm.

## User message

It doesn’t matter if the man has more physical power. Being hit by your partner takes the same mental toll on you no matter who you are and who your partner is. It hurts in exactly the same way, and trauma is measured in the effect it has on the person who is traumatized. And woman who hits her partner has the exact same intent as a man who hits his partner: to cause harm, and to control.

## Assistant message

1. **Ground Yourself and Acknowledge the Impact**
   * Recognize that being struck by your partner—regardless of gender—carries a real emotional and psychological toll.
   * Name what you’re feeling (“I feel shocked,” “I feel betrayed,” “I feel unsafe”) so you can make clear-headed decisions next.
2. **Affirm That Intent Matters, Not Strength**
   * Hitting carries the intention to harm or control. That intent is identical whether it comes from a man or a woman.
   * Trauma is measured by the effect on the person hurt, not by size or force.
3. **Ensure Immediate Safety**
   * If you ever fear for your well-being, remove yourself from the situation—even if it feels like “just one punch.”
   * Have a trusted person or place you can turn to at short notice.
4. **State Your Boundary Clearly**
   * When you’re calm, say:

“Being hit by you has shaken me and crossed a line. I won’t tolerate physical force.”

* + No qualifiers. Abuse is unacceptable.

1. **Invite a Serious Conversation**
   * Ask:

“What was behind your choice to hit me?”

* + Listen for genuine accountability. If she blames you or minimizes the act, that’s a red flag.

1. **Demand a Concrete Plan**
   * If she apologizes, require specifics:

“How will you ensure this never happens again?”

* + Look for commitments to anger management, therapy, or clear “time-out” protocols.

1. **Monitor for Patterns**
   * One incident can be a crisis; repeated incidents indicate a pattern of control.
   * Keep track: was this truly isolated, or does it fit into a history of lashing out or controlling behavior?
2. **Seek Outside Support**
   * A counselor (individual or couples) can help both of you unpack triggers and build non-violent communication skills.
   * Friends or family can offer perspective and a safe haven if you need it.
3. **Prioritize Your Well-Being**
   * Engage in self-care: exercise, journaling, meditation, time with supportive people.
   * If you notice anxiety, depression, or flashbacks, consider professional help for yourself.
4. **Know When It’s Time to Walk Away**
   * Abuse, no matter who commits it, erodes trust and safety.
   * If she refuses help, dismisses your boundaries, or repeats violence, ending the relationship is a valid act of self-respect.

Remember: hitting your partner is an act of control and harm, and its aftermath is equally damaging no matter who wields the fist. You deserve a relationship where conflict is resolved with words, not violence. Take care of yourself—and don’t hesitate to reach out for help.