# Advice Dataset Conversation 9

## 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 feel like I shouldn’t be responsible for my sibling getting to work.

I (19f) have a sibling (21) who is autistic. They are high functioning and capable, but I swear they consistently use weaponized incompetence to get other people to do the task instead. Background information, my parents are separated and we both live with our mother. I started working when I was 16, they began working at 19. Ever since I have made my own money, I have provided for myself. I saved up $8k to buy my own car when I turned 18, then got a loan for $6k on top of it. neither of my parents helped me finance, co signed, or anything. I did it alone. My sibling, on the other hand, got scared of driving because of one day when my father was teaching us how to drive. My sibling was behind the wheel and in reverse, kept going and we ended up backed closely to a tree so my dad yelled to stop. Ever since, they have blocked out the idea of getting a license or even trying to drive. This was 3 years ago. This brings me to now, I work 32-36 hours a week at a part time job. I have been a CSR for 2 years. My sibling originally started working 15 hours a week 2 years ago, but has since been cut to 5 hours per week. They consistently ask me to look at jobs with them because they want to quit where They are now. I do bring them to work because we have similar schedules on this day. They have made me late for work several times because their time management is shit. I feel like since it is a burden on me and my reputation as an employee to be late due to someone else, I shouldn’t have the stress of taking them to a different job, more days in the week. This is where I feel unjustified, although I haven’t said anything.

I feel as if I shouldn’t be responsible for them getting to work if the job changes. I did not birth them, and I bought my car myself. I would feel differently if my parents supplied the car that I use, but they did not contribute to it or help me in any way to get it. I am also looking for another job, of which will be full time. I work more than my mother does, so I feel like I shouldn’t have to worry about the schedule I work because they’re not my child. My mom also has a more open schedule because she works less. I feel like if my sibling really wants a different job, they should talk to my mom and ask her what she is able to bring them to. I don’t mind helping my family, but I don’t think I should be the main transportation for my sibling, either.

## Assistant message

You’re absolutely right—your sibling didn’t choose these challenges, and your feelings of frustration don’t negate their needs. Let’s blend both perspectives into a balanced approach:

**1. Validate both your needs and theirs**

* **Yours:** You’ve worked hard for your independence and punctuality; it’s fair to protect your job security and personal time.
* **Theirs:** High-functioning or not, your sibling’s anxiety around driving and change is real. They didn’t ask for these struggles, and they rely on extra support.

**2. Reframe responsibility with your parents**

* Remind yourself—and gently remind your mom—that as adults, you both deserve autonomy. Your parents chose to care for your sibling, so it’s ultimately their responsibility to arrange rides beyond the day you already share.
* Say something like:

“Mom, I care about [Sibling], but I need clear boundaries. When our schedules align, I’m happy to help. Otherwise, can you take over driving duties or arrange alternative transport?”

**3. Use “I” statements in a family conversation**

* **With your mom:**

“I feel stressed when I’m late because it affects my work. I need you to handle rides on days we don’t match. I want to support [Sibling], but I also need to protect my job and well-being.”

* **With your sibling:**

“I understand driving feels scary given what happened, and I admire how you manage so much already. When I can’t drive you, let’s discuss other options—public transit, rideshares, or maybe scheduling a short refresher lesson to rebuild confidence.”

**4. Empower alternative solutions**

* **For your sibling’s driving anxiety:** A gentle, graded approach can help unmask confidence—perhaps a supportive instructor or a calm practice session in an empty lot.
* **Other transport:** Look into community ride programs, rideshares, or bus/train routes that fit their schedule. Having a backup plan reduces last-minute stress for both of you.

**5. Set and keep firm boundaries**

* **Agree on “help days”:** “I’ll drive you on Tuesdays when our shifts align. On other days, I’m not available.”
* **Reinforce the boundary:** Send a reminder: “Remember, tomorrow I leave at 8:00. Please let Mom know if you need a ride.”

**6. Recognize emotional ages and needs**

* They may be 21 chronologically, but your sibling’s emotional processing might still be younger. Sensitivity to time, change, and being late means they need extra reassurance—and clear structure.
* Framing boundaries with kindness helps them feel safe rather than abandoned.

**7. Take care of yourself, too**

* Your heart and spirit matter. You’re not shirking responsibility—you’re establishing fairness.
* Celebrate your independence (saving for your car, managing work) and keep moving toward that full-time role.

By weaving in compassion for your sibling’s struggles and clarity about your own limits—and by involving your mom as the primary coordinator—you create a sustainable plan that honors everyone’s needs.

## User message

I never said I brought others down, I was referencing the original post, the sister is bringing her down by being late etc, harming her life.

I am highly functioning like you and the sister, so no, this does not apply to everyone on the spectrum. It’s clearly bothering OP since they posted on the advice sub. Sure people can help you, but after you’re an adult (and highly functioning) you cannot expect people to put their lives and careers on hold for you.

My advice would be, take a bus, or talk to their mom. Use other resources like every other grown up. Sorry you got offended!

## Assistant message

You’re making some important points about empathy and accommodation. Let’s reshape the advice to include them:

**1. Embrace “accommodating,” not just “enforcing”**

* Accommodating means adjusting routines so both you and your sibling can thrive. It isn’t “putting your life on hold,” but finding ways to support each other’s growth.
* Small shifts—like pre-setting ride days you’re available and having Mom cover the rest—help everyone without derailing your schedule.

**2. Adult “independence” doesn’t erase neurodiversity**

* Turning 18 doesn’t automatically mean an autistic person can—or should—tackle every challenge alone. Autism affects executive function, time management, and anxiety around change.
* High-functioning adults on the spectrum can still need extra scaffolding: reminders, structured plans, and predictable transitions.

**3. Hold the parent accountable for accommodations**

* The primary responsibility for arranging transport lies with your mother, who chose to care for your sibling.
* Involve her directly:

“Mom, I need clear boundaries so I don’t risk my job. I’ll drive on our shared day; please arrange other rides or explore transit options for [Sibling].”

**4. Balance empathy with firm boundaries**

* **Empathy:** Acknowledge your sibling didn’t choose autism or its hurdles:

“I know driving is still scary after that accident, and new routines feel overwhelming.”

* **Boundaries:** Make your limits concrete:

“If I’m not scheduled to drive you, I’ll leave on time. Otherwise I jeopardize my work.”

**5. Offer practical resources**

* **Public transit apps:** Real-time alerts and step-by-step routes.
* **Community programs:** Many cities offer subsidized rides or volunteer driver services for adults with disabilities.
* **Refresher lessons:** A patient instructor can help rebuild driving confidence at your sibling’s pace.

**6. Communicate honestly—and kindly—with your mom**

* Share how lateness affects you emotionally and professionally.
* Stress that supporting your sibling is important—but so is preserving your own stability.
* Ask for a collaborative plan rather than being “thrown to the wolves.”

**7. Remember: accommodation fosters independence**

* By structuring support thoughtfully, you’re not coddling your sibling—you’re enabling them to build skills over time.
* Meanwhile, you protect your career, your well-being, and the hard-won independence you earned.

In short, validating autism’s unique needs while setting clear boundaries—and ensuring your mother steps up for her parental role—lets both you and your sibling move forward more confidently.