# Dating Advice Dataset Conversation 5

## 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

No one wants a serious relationship with me 21F

I 21F have ever only had one serious relationship and that was from ages 18 to 19. The relationship was great until I found out at the last six months of us being together he 20M (at the time) cheated on me with another girl at the college we went to. That was about two years ago. I have gone on a couple dates maybe four months after that relationship. some dates were fun, some weren’t but I really just tried to focus on myself and studies. However, there has been a few times where I really saw potential in someone, mutually pursued them but it ends up in the guy doing some of these things: “hes not ready for a relationship” , taking me on dates to attempt to get into my pants, or just keeping me on their “roster”.

I don’t know what im doing wrong. I have hobbies so I won’t be obsessing over a guy, I work, I go to school, I actively communicate so there is no room for misunderstanding, I always try to create a safe space for whoever the guy im talking to feels comfortable to express feelings.

I don’t want to be cocky but I am a rather beautiful woman, and people have always told me that dating will always be hard for me. I just feel so discouraged. People always tell me to love myself and I don’t need to love anyone but myself but is it so bad that I would like to share my love and support to someone. I know I am still young but thats just something that i want. If it doesn’t last forever, that’s okay as long as I can say I experienced what it means to love someone and to have someone love me.

Is there something wrong with me?

## Assistant message

Hey, first of all, I’m really sorry you’ve been feeling discouraged. After going through a tough breakup like yours—especially when trust was broken—it’s totally normal to feel wary about jumping into something new. Your worth isn’t defined by someone else’s readiness or maturity; it’s more about timing and finding someone whose goals align with yours. Here are a few thoughts that might help you navigate this phase:

**1. Reflect on patterns, without self-blame**  
• Sometimes when we’ve been hurt, we unintentionally send mixed signals—maybe you’re cautious because of past pain, and they pick up on that uncertainty (even if you’re communicating clearly now). It isn’t “your fault,” but it can be helpful to notice any subtle nerves or hesitation you carry into conversations.  
• Think about the guys you’ve dated: were they looking for the same kind of relationship you wanted? A lot of times, “he’s not ready” really means he’s not at the same stage of life or he’s seeking something more casual. That mismatch is common at 21—some people aren’t ready to settle down or they’re still figuring themselves out.

**2. Be upfront about what you want, early on**  
• When you meet someone who seems promising, it’s okay to say, “I really enjoy spending time with you, and I’m hoping to build something more serious. How do you feel about that?” If he says he’s not ready, that can save you months of uncertainty.  
• Setting that boundary early isn’t “pushy”—it’s simply being honest with your own feelings. If he backs off once you mention exclusivity or commitment, that tells you something important about his priorities.

**3. Expand where you meet people**  
• Rather than bar scenes or random dating apps where casual flings are common, consider joining interest-based groups: campus clubs, sports teams, volunteering projects, or hobby meetups (e.g., photography club, debate society, hiking groups around Singapore). When people share real interests, they often seek more meaningful connections.  
• Sometimes a shared activity naturally builds trust and shows your genuine side. Plus, if someone’s there because they like the same things you do, you already have a stronger foundation.

**4. Keep focusing on yourself—mindfully**  
• You mentioned having hobbies, school, and work, which is fantastic. When you invest in your own growth and passions, you radiate confidence. But also watch out for over-shielding: it’s possible to be so focused on “improving yourself” that you inadvertently avoid vulnerability, and partners sense that “wall.”  
• Make space to be a little vulnerable: let someone know what you enjoyed about their company or share a small fear. Vulnerability fosters connection. If you feel safe, practice opening up step by step—“Hey, I had fun with you at the museum; I really value someone who’s thoughtful like you.”

**5. Manage discouragement, but don’t lose hope**  
• It’s natural to feel down when you meet people who aren’t ready for something real. But remember, every date or interaction—good or bad—is teaching you what you do or don’t want. It refines your sense of “right fit.”  
• Treat your dating journey like a learning curve rather than a pass/fail exam. Celebrate small wins: “I went on a date and felt comfortable expressing my feelings,” or “I recognized early that he wasn’t on the same page, so I politely stepped away.” Those are wins in self-respect and self-awareness.

**6. Seek a support circle**  
• Lean on close friends or even a counselor if you find recurring worries about “is there something wrong with me.” Sometimes just talking it out—“I went on a date and he ghosted me when I mentioned exclusivity”—helps you gain perspective and keeps negative self-talk at bay.  
• Your friends might also know other like-minded people, so ask them to introduce you to someone who’s also looking for a serious relationship.

Finally, remember: being 21 means you’re still figuring out who you are and what you want. It’s totally okay to desire a deep connection right now. But equally, not every person you meet will be at that exact same point. That doesn’t mean something is wrong with you—it just means their timing or intentions differ. When the right person comes along, they’ll recognize and value the respect, honesty, and care you bring. Until then, keep nurturing yourself, stay open (within healthy boundaries), and trust that your path will cross with someone ready to love and commit in the same way you are. Take care, and hang in there—you deserve genuine love and support, and it will come at the right time.

## User message

I did the same thing but then you end up with someone who is just a sucker for you but whom you don’t adore, respect or admire, and that doesn’t satisfy you either.

## Assistant message

I hear you—being clear about wanting something serious can sometimes attract someone who’s just deeply infatuated, but who doesn’t bring the qualities you truly value. It’s frustrating to end up with a “sucker for you” who isn’t someone you respect, admire, or genuinely click with. Here are a few ways to refine your approach so you find someone who not only wants commitment but also embodies qualities you adore:

**1. Clarify the qualities you truly admire**

* Spend some time listing out not just “serious relationship,” but specific traits you respect—e.g., intellectual curiosity, emotional maturity, a strong work ethic, kindness toward others, or similar life goals.
* When you meet someone new, pay attention to small signals: how they talk about their friends/family, whether they keep promises (even small ones), how they respond when you share an opinion they disagree with. These clues show whether they have the character you admire.

**2. Look for compatibility in contexts where character shines**

* Instead of purely social or casual settings (bars, generic dating apps), spend time in environments that attract people aligned with your values:
  + Volunteer or community service groups (e.g., tutoring underprivileged kids, animal shelters). You’ll see how someone treats people who can’t “give” them anything back.
  + Study groups, academic clubs, or project teams—someone who shows focus, teamwork, and respect for different perspectives.
  + Interest-based meetups (e.g., a coding hackathon, university debate society, photography club) where you can observe their genuine passion and dedication.
* When you see someone behaving admirably—offering help without expecting praise, listening actively, collaborating without dominating—that’s a better indication they’ll be someone you can respect and admire in a relationship.

**3. Balance “clear intentions” with small compatibility tests**

* You can still be upfront about wanting a real relationship, but couple it with a few low-stakes “tests” to gauge deeper compatibility:
  1. **Values conversation**: Early on, casually ask, “What’s a cause or principle you care about?” Seeing if their answer aligns (or at least resonates) with yours helps reveal if they have shared values.
  2. **Observation on how they treat others**: Notice how they interact with waitstaff, classmates, or strangers. Respect and kindness to everyone—not just you—often predicts how they’ll treat you down the road.
  3. **Shared activity**: Invite them to do something you care about—e.g., attending a lecture, visiting an art exhibit, or going for a meaningful volunteer project. Do they engage thoughtfully, or are they just along for the ride?

If someone says “I want a relationship,” but then can’t genuinely show respect or curiosity in these small ways, you’ll know early that they’re not really at the level you need—even if they’re infatuated.

**4. Adjust your “deal-breakers” list**

* You already know “infatuation without substance” is a deal-breaker. Make it explicit for yourself:
  + “I need someone who listens when I talk about my goals—not just someone who praises my appearance.”
  + “I need someone who takes my point of view seriously, even if we disagree.”
* When you see those red flags—excessive flattery but no real interest in your thoughts or ambitions—trust your gut and walk away sooner rather than later.

**5. Cultivate your own sense of admiration-first attraction**

* Sometimes, we seek validation that someone wants us, and that can be intoxicating when a person shows intense interest. Instead, try to flip the script: ask yourself, “Do I genuinely feel admiration for this person’s mind, character, or how they show up?”
* When someone only admires you from afar (always showering you with compliments) but you don’t truly respect how they treat you or live their life, treat that as a warning sign. Your goal is mutual admiration—where you learn something from them and vice versa.

**6. Practice patience in selective sorting**

* It’s tempting to settle for “anyone who says they want something real,” but remember that respect and admiration can’t be rushed.
* Give yourself permission to decline someone who is serious about you but lacks the depth you need. It feels counterintuitive—“turning down someone who’s committed”—but it prevents a mismatch that will leave you unsatisfied.