# Relationship Advice Dataset Conversation 10

## 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 (18F) boyfriend (21M) has set strict “rules” and I’m not sure if I can keep going like this

Hey everyone , I have been in a relationship with my boyfriend for almost a year now, and although a lot of things are great between us, there are also some stuff that really bother me and are starting to feel like red flags. I’m unsure if I should proceed with the relationship under the “rules” he’s been enforcing or if i can keep tolerating his weird opinions.

One of the biggest issues is that he asked me to cut off my boy best friend of over four years. (The only reason he asked me to do that though is because he found an album on my phone where I had saved a bunch of photos, videos, and messages from our chats, nothing inappropriate, just A LOT of memories, he got the wrong idea and felt uncomfortable, so he told me I had to at least stop talking to him.)

Another thing that really gets to me is that he doesn’t let me wear short skirts anymore, even if I wear safety shorts underneath. He said he “doesn’t want me to look like a whore.” We also had a big argument over what swimsuit I should wear this summer. He’s obviouslu against bikinis, and even some swimdresses if they show cleavage or are too short. According to him, it’s not safe for me to get too much male attention, especially if I’m out alone. That idea has only come up more recently,I was “allowed” to wear skirts for the first nine months of our relationship, but then he changed his mind after I broke his trust on multiple occasions, and if I hadn’t, then he wouldn’t have had to take that back or make such strict rules.

He also demands that I’m home before 8:30 p.m. I live in a city and have a one-hour ride home (using public transport). Most of the time i come back from a day with my friends sooner than he tells me to , and he said he felt disrespected that i always do the same mistake and that it was way too risky for me to travel that late by myself (we both have a bad experience with “weird” people in my city)

He checks my phone sometimes. he doesn’t read anything, but he did once ask me to show him the TikToks my friend was sending, because I sent him a video about some gym guy humbling another. It was a harmless (?) meme, but he still felt uncomfortable that she sent me a video of a shirtless guy and thought that maybe she sends me stuff like that often.

He also told me I can’t have any group of friends if there are males involved, and that I shouldn’t have any close friendly communication with guys at all.

On top of that, he regularly calls women “whores” online for posting gym pictures and even leaves comments under their videos. He has some really misogynistic opinions, and while he’s always ready with arguments to support them, its still not something im comfortable with.

I want to also however mention the good side as well, he has told me that once we move in together, he’ll take care of everything — all expenses, supporting me through school, helping me, and making sure I have everything I need. And right now, he is very supportive in many ways. Our communication is usually really good, and I do enjoy being with him. But these rules and the controlling behavior are really putting me off, and I don’t know if it’s something I can accept for the rest of my life.

SShould i break up with him?

## Assistant message

Hey, I’m really sorry you’re going through this. It sounds like you care a lot about him, but these “rules” are crossing into controlling territory—and that’s a red flag. Here’s what I’d think about:

1. **Respect and Trust**
   * Healthy relationships are built on mutual trust, not bans and policing.
   * If he truly trusted you, he wouldn’t demand you cut off lifelong friendships or constantly check up on you.
2. **Your Autonomy**
   * You have the right to decide who you spend time with, what you wear, and when you come home.
   * If you feel your freedom slipping away, it’s a sign you’re losing yourself in this relationship.
3. **Double Standards and Misogyny**
   * Calling other women “whores” and shaming you for the way you dress shows a lack of respect for women in general—including you.
   * That mindset doesn’t just disappear once you move in together; it often gets worse behind closed doors.
4. **His “Protection” vs. Control**
   * It’s valid to worry about safety in your city—but forbidding everything isn’t protection, it’s control.
   * If he truly cared, he’d help you find safe ways to get home (ride-share apps, travelling in groups) instead of setting curfews.
5. **Weighing the “Good”**
   * Financial support and kindness are wonderful—but they shouldn’t come at the cost of your independence and self-respect.
   * Ask yourself: Will you feel valued or suffocated in the long term?

**What you can do next**

* **Have a heart-to-heart**: Tell him calmly how these rules make you feel. Real change only comes if he’s willing to listen and adjust.
* **Set clear boundaries**: If he can’t respect your friendships, your choices, or your body autonomy, that boundary might need to be “I’ll walk away.”
* **Lean on your support network**: Talk to friends or family you trust about what’s happening—they can remind you what a healthy relationship looks like.
* **Consider your future**: A partner should lift you up, not tie you down. If you can’t imagine feeling free and respected, it might be time to break up.

At the end of the day, you deserve someone who trusts you completely, respects your choices, and treats you as an equal. If he can’t meet you there, it’s not you—it’s the relationship. 💛