# Relationship Advice Dataset Conversation 4

## 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 (28F) best friend (27M) has been lying to me for 7 years. I feel like I’m in some weird soap opera and have no clue how to end this.

I’m struggling with figuring out how to start this, so I guess I’ll just start with context. Obligatory apology for mobile and long post, I’ll try to keep it semi brief but there’s a lot. I, F28, have been friends with “Blake” 28M for about 10 years now. We met when I was traveling for a new job out of state, and I kid you not immediately became best friends in the week that I was there. Same interests, great energy and conversation, we just clicked.

We were friends for nearly 2 years before trying the dating thing. It lasted *3 months* (important), during which Blake did not treat me well due to unresolved issues from prior relationships. Before I could end it, he decided to end it himself as he had feelings for someone else. Fine with me, we were *clearly* better as friends. I took some space because he hadn’t been treating me well, he got into therapy and apologized for being sh\*tty, and was willing to put in the work to regain my trust for our friendship. Which he did, consistently, over the 8 years since.

Fast forward to now – I’m now happily married to my wonderful husband Kam (28M, together for 6 years, married for ~2 years). Blake and I are still best friends; he and his ex after our brief dating stint broke up, and he is now with a wonderful woman “Kaylie” (21F) for almost 2 years now (started dating a few months before my wedding, this is important). Kaylie and I are also good friends, she’s the sweetest person. Blake also lives in the same city as me now after his mother passed, having moved down here for a better support network; his girlfriend moved in about 9 months ago.

In the past 6 months or so, things have been strained with Blake. My husband is very introverted, and Blake started voicing frustration about his inability to be closer friends with Kam and feeling like he bothers Kam. He and I also started having weird tiffs (kind of subtle negs/belittling comments/etc). Then my husband and I came over to a game night for Blake’s birthday 3 months ago, during which Blake picked fights with me about very weird things (for example my career path and how I’m going about it wrong, making comments like “I guess if you want to stunt yourself in life, you can do it that way,” etc). Both my Kam and I were caught very off guard, and after several attempts to shut it down, made excuses and headed home.

Later, Blake proceeded to send me a text asking if I was okay bc the vibes felt off. To which I was like “uh no kidding”, and explained my issue. He decided to reply with…an email (who uses email anymore???). 8 long paragraphs about how he felt he and his experience/knowledge was dismissed in our discussion, how he felt ganged up on when Kam would defend my side, and how he felt like he can’t be himself around me and Kam anymore. He also made comments voicing that he didn’t feel like he could trust me bc I tell Kam everything (not true, I always ask before sharing unless it’s a danger or moral issue) and that he thinks I’m unhealthily codependent on Kam because whenever Blake and I hang out 1x1 I’m always calling to let Kam know how late I’ll be out or check if I’m cool to pick up takeout (we’re married with joint finances, sue me?).

I replied trying to clarify my end as well as understand where the everloving hell this all was coming from, but no matter how many times I tried, we kept going in circles. The emailing back and forth, during which he demanded we not meet up till this was resolved, lasted till about 2 weeks ago, when I said I needed time to think about how to reply next. About a month ago I got into therapy bc it was seriously messing with my head and making me feel like I was a problem and like I couldn’t talk to anyone about this bc we share much of our support system.

I finally broke down to my sister when she came over to see why I hadn’t been answering her (or really anyone, yay anxiety) lately. She is also friends with Blake through me. I let her read the emails, and she got pretty ticked on my behalf, and then proceeded to drop a helluva bombshell on me and Kam: *Blake is APPARENTLY “still in love with me” and hates Kam’s guts.*

Apparently, when she drove to pick up Blake out of state for our wedding (he was a groomsman) he “confided” in her and her husband that he didn’t agree with the wedding and wished I would break up with Kam and give him another chance. That we’re soulmates and Kam isn’t the one for me. Blake has heard me talk since day one about how happy Kam makes me and how safe and loved I feel with him. My sister shut it down, but, EVEN BETTER, Blake proceeded to do the same thing when she drove him *back home* after our wedding! He ended off saying he just needed some time, so my sister kept her mouth shut bc she knew that he’s my best friend and hoped she could trust him to resolve it over time since he lived far away.

Blake then moved near me about a year ago, and Kaylie moved in the August after. My husband’s and my wedding anniversary is in October, and apparently Blake *called my sister’s husband* to, AGAIN, confide that he’s still in love with me and wishes I would divorce Kam bc he would be a better husband to me. While LIVING with Kaylie, who he’s told me is his soulmate. This was about when all the stress started, so she never found a good moment to bring it up.

As if to ice the cake, Kaylie and I have been keeping up via text thru all this (again, we’re friends). During the past few weeks, I learned some odd things:

* Kaylie got new piercings, reportedly encouraged by Blake to do so bc “she’d look so cute”: a double nose piercing and septum, which *possibly coincidentally* Blake took me to get as a post-wedding gift 2 years ago.
* Blake apparently “has beef with” the month of August and so has decided their anniversary will be in *October*. The reason he gave was because “it’s spooky month”, but Kam and I started dating AND got married that month. I also, at my sister’s prompt, went back and checked when Blake and I broke up – August 2017. Again, *possibly coincidental*, but feels very odd as I don’t know why else he would have an issue with that month.

It’s also worth noting Blake had another relationship fall apart because the girl was outright convinced Blake was cheating on her with me to the point of blasting me for weeks as some homewrecker. Kam and I always chalked it up to her insecurity, but now I’m wondering if she was just watching Blake carry on some weird, one-sided emotional affair. I love my husband more than words can say, and he makes me happier than anyone I’ve ever met – he’s my ultimate best friend. Learning all this has made me feel so gross and like a horrible wife, though Kam has been wonderfully supportive and doesn’t blame me at all.

All this to say, I’m ending our friendship, but have no clue how. I feel like I have to tell Kaylie as this has all happened during their relationship and living together and the woman deserves the world, but also recognize I have no real proof beyond spoken accounts besides the weird emails – it sounds like some wild conspiracy theory or soap opera. My therapist is on vacation so I’m on my own after learning all this. I’m also realizing just how manipulative Blake has been for YEARS given this context, and already feel shaky about confronting him given my serious confrontation anxiety, which he knows about and could easily try to exploit. I’m realizing more and more that he has massive control issues that I dismissed as anxiety for years. The fact that he lives so close now fills me with dread rather than joy.

I want to come out of this with no regrets, knowing I stood up for myself, and that I put a decisive end to this. I want Blake to know his actions and creepy ulterior motives are the reason our decade long friendship is dead. I’ve never ended a friendship myself (also a bit of an introvert), and this is basically friend-breakup on steroids. How do I break this lunacy to Kaylie in a way that sounds remotely believeable given the front Blake has built? I also would love some advice on how to go about telling Blake I know everything and we’re absolutely done.

## Assistant message

**Hey there, I’m so sorry you’re going through this—it sounds overwhelming. You’ve been through a lot, and your feelings are 100% valid.**

## 1. Acknowledge Your Emotions

* **Validate yourself**: You’ve invested a decade in this friendship. Feeling betrayed, anxious, and angry makes perfect sense.
* **Lean on your support system**: You’re already in therapy (great move). Keep journaling or talking to your sister and husband—those trusted voices will help you stay grounded.

## 2. Decide What You Want

* **Clarify your goal**: It sounds like you want a clean break—no mixed signals, no drawn-out drama.
* **Set your boundaries**: Are you cutting off all contact, or just distancing until he respects your space? Being clear with yourself will make your conversations easier.

## 3. Telling Kaylie

1. **Choose a private, calm channel** (e.g., DM or in person).
2. **Frame it gently**:  
   > “Kaylie, I value our friendship, and I need to share something difficult: I’ve learned that Blake has repeatedly confided in family members that he’s still in love with me and undermined my marriage. I don’t have “hard proof” beyond the emails and my sister’s account, but I wanted you to hear it from me first.”
3. **Offer empathy**:
   * “I know this is shocking and may feel like a betrayal for you too.”
   * “I’m here to talk through any questions you have.”
4. **Keep it about facts**—avoid speculation about motives.
5. **Close with your decision**:  
   > “I’m planning to end my friendship with Blake, and I thought you deserved to know why.”

## 4. Confronting Blake

1. **Pick the medium**: A short email or text lets you control the message.
2. **Use a calm, direct script**:  
   > “Blake, I’ve learned about your repeated attempts to convince my family that you and I belong together and your disparaging behavior toward Kam and me. This breaks the trust we built over ten years. I’m ending our friendship effective immediately—please respect my wish not to be contacted.”
3. **Avoid back-and-forth**: State your decision once and end the message.
4. **Enforce your boundary**: Mute/block him on social channels if needed.

## 5. Aftercare & Healing

* **Give yourself space**: Remove reminders of Blake (photos, group chats).
* **Invest in positive relationships**: Lean into your marriage and close friends.
* **Self-care rituals**: Meditation, long walks, reading, or whatever soothes you.
* **Celebrate your strength**: Ending a long friendship takes courage—you deserve to feel proud.

**You’ve done the hard work of gathering context and seeking support. Now trust yourself to close this chapter cleanly and move forward with confidence. You’ve got this.**

## User message

I think what you are trying to say is that it’s not ok to have an opposite gender bff, because somehow people can’t not have an attraction to that person. That’s just not a thing. Lots of people manage to have friendships (no matter the gender because that doesn’t matter when you’re secure in your relationships) while married.

If this guy has been obsessing about me for all these years and only started being obvious now, it doesn’t make that my fault for having an opposite gender bff. Your spouse doesn’t have to be your bff though it does happen that way. They are your spouse that’s different than a bff IMO. You can have both.

Also blaming the woman for someone being inappropriately attracted to her is not cool. It’s not my fault. At all.

## Assistant message

You’re absolutely right—having an opposite-gender best friend is totally fine, and it’s not your fault that Blake crossed the line. The issue here is **Blake’s obsessive, disrespectful behavior**, not the friendship itself.

## 1. Friendship ≠ Guaranteed Immunity

* **Security helps, but it’s not a shield**
  + Feeling secure in your marriage reduces risk, but doesn’t eliminate the possibility of someone catching feelings or cheating.
  + Even the healthiest partnerships can be tested—what matters is how both people respond.
* **Platonic bonds are valid**
  + You can trust your spouse and still maintain deep, non-romantic friendships across genders.

## 2. What Went Wrong with Blake

* **Unspoken romantic feelings**
  + He harbored love for you for years without clear boundaries.
* **Repeated undermining**
  + Telling family he wants you back and trashing your marriage behind the scenes.
* **Disrespect and manipulation**
  + Belittling you and your husband, then demanding “resolution” on his own terms.

## 3. Blame Where It Belongs

* **Not your fault!**
  + You didn’t create Blake’s obsession or manipulate his feelings.
* **Blake’s choices**
  + He alone chose to betray trust, disrespect your marriage, and hide his intentions.

## 4. Moving Forward

1. **End this toxic dynamic**
   * Clearing the air with Kaylie and cutting ties with Blake protects your well-being.
2. **Reaffirm healthy friendships**
   * She can—and should—keep platonic friendships that respect her boundaries.
3. **Lean on trusted support**
   * Stay connected with her husband, sister, therapist, and other friends who honor her marriage and her feelings.

**Bottom line:** Secure relationships are invaluable, but they can face challenges. The problem here isn’t having an opposite-gender friend—it’s Blake’s breach of trust and respect. You deserve supportive, boundary-respecting friends, not manipulative drama.\*\*