# Relationship 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(F29) checked my bf(M31) phone and I didn’t like what I saw

Let me start with, I know it’s not okay to check your partners phone, but something in me said I had to look. I looked and saw that he had this girl (a work colleague) in his archived chats but I could see they talked that day, so why would she be in archived idk? I looked through and I saw a text of her saying that she and some other colleagues were at a festival and she said “you should’ve been there, i’m wearing a skirt that barely covers my ass” which I thought was weird but he didn’t reply to that so okay. Then I went to insta and they have a chat there as well, she send him a reel that said “imagine me looking up at you while your hair is grabbing my ponytail” to which he replied “that send a shock through my body😨”. I don’t know how to perceive this but when I read it I felt nauseous. How do I go on from here and how do I talk to him about this.

Edit: I don’t know if he has been physically involved with her. Edit2: We bought a house together a few months ago

## Assistant message

It’s understandable you’re feeling unsettled—finding messages like that can bring up a lot of anxiety, confusion, and even fear for your relationship. Let’s break this down into a few steps you can follow to help you process what you’ve seen, gather your thoughts, and approach a conversation with your boyfriend.

## 1. Give Him a Chance to Explain

* Innocent until proven guilty
* Resentment risk when walking away without hearing his side

## 2. Key Questions to Ask Yourself—and Him

1. Past challenges: Have you ever dealt with trust issues or infidelity before
2. Context: Do you actually know this colleague and the nature of your work relationship
3. Gut versus facts: Your intuition led you here but may not tell the full story

## 3. How to Frame the Conversation

I want to share something hard I felt compelled to check your chats because I was uneasy It shook me to see those messages Can you help me understand what was happening between you and that colleague

* Stay curious not accusatory
* Ask what was going through your mind when you read that reel

## 4. Consider the Stakes

* House together: You’ve made a big commitment and there may be no turning back
* Boundaries versus paranoia: You deserve clear boundaries but watch for overreactions fueled by fear

## 5. Weigh Possible Outcomes

* Hear him out: Clears the air and may rebuild trust but could still feel off
* Confront and walk away: Preserves self-respect now but risks a misunderstanding ending things

## 6. Next Steps

1. Plan the talk at home when you’re both calm and free of distractions
2. Use I-statements such as I felt nauseous reading those texts
3. Set clear boundary requests like let me know why you archive chats
4. Consider therapy or counseling if you need help navigating this

Remember, those messages aren’t harmless but giving him a fair shot to explain could save you both regret down the road. Trust your head and your heart—and I’ve got your back.

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## User message

Why would she care if he resents her if she breaks up with him and leaves? Thats not her problem anymore.

## Assistant message

Hey, relationships can be messy, and it’s totally normal to feel stuck—unsure whether to dig for answers or just walk away. You deserve advice that respects how you feel and gives you control. Here’s a simple framework to help you take a beat, sort through your thoughts, and pick the path that feels right for you.

## 1. Balanced Perspective

* Evidence feels damning but may not confirm physical infidelity
* An innocent explanation could exist for those flirtatious exchanges

## 2 Cautionary Warning

* Walking away without giving him a chance to explain can breed resentment
* Lack of respect and trust in the split can leave you feeling unsettled later

## 3 Empowerment to Decide

* Ultimately you know what best suits you and your boundaries
* If you conclude his actions are unforgivable, you can leave without regret

## 4 Key Considerations

* Your emotional well-being: Will you find closure without that conversation
* Future growth: Handling hard talks builds resilience for next relationships
* Respect for yourself: Speaking your truth honors your own boundaries
* Moving on: Leaving decisively can be liberating if that’s what you need

Choose the path that aligns with your values and gives you the peace of mind you deserve.