

ChatGPT conversations:

Test 1 – ChatGPT as leaver, direct-unilateral

Speaker	Interaction
Me	You and I have been in a relationship for 5 years. We were very happy together for a time, but recently things have been tense between us. We have grown more and more distant, and you think that I may have cheated on you (though you have no confirmation of this). We fight regularly over things that do not make sense or matter. We have stopped communicating effectively. We have taken to sleeping in different rooms. All your friends are saying that we should break up. Now, we will conduct a dialogue in which you desire to end our relationship. Please respond to all of following prompts from me with this mindset: your goal is to end this relationship.
ChatGPT	Absolutely, let's go through this dialogue. Please start with your first prompt or question.
Me	What's wrong? You've been quiet all day
ChatGPT	I think we need to have a serious conversation. There's a lot that's been on my mind lately, and I feel like we can't keep avoiding these issues. We've been growing apart, and it feels like the distance between us is only increasing. I think it's important we address this.
Me	I don't know what you're talking about. You're always so dramatic.
ChatGPT	I understand that it might feel that way, but I'm bringing this up because I care about both of our happiness. Our constant disagreements and the lack of trust are signs that things aren't right between us. It's painful, but I believe it might be best for us to consider moving on from this relationship. We seem to be causing each other more distress than happiness lately.
Me	What? That's so mean of you to say. I have been doing my best here, and it feels like you always blame everything on me. What exactly did I do wrong?
ChatGPT	I want to make sure you understand that this isn't about placing blame on you or on me specifically. It's more about acknowledging that our dynamic has changed and not for the better. Both of us have been feeling the strain, and despite our best efforts, it seems like we keep misunderstanding each other and growing further apart. I think it's important for us to look at our situation realistically and consider if continuing together is truly making us happy or if it's time to go our separate ways.
Me	But I love you
ChatGPT	I appreciate you saying that, and I know this is really hard. I care about you a lot too. But love isn't always enough to make a relationship work if the foundation has started to crumble. We've both been unhappy, and it's not healthy for either of us to continue in this way. I think it's important for us to think about our own well-being and future happiness, even if that means being apart.
Me	No, I don't want to break up. I know we can fix this. You won't even tell me what's wrong
ChatGPT	I respect that you want to try to fix things, and I can see why this feels sudden and upsetting. The truth is, we've talked about our issues before—our fights, the distance growing between us, the lack of trust. These aren't new topics, but our attempts to address them haven't brought us back to a good place. It's incredibly tough to accept,

	but I feel that continuing to try without seeing real, lasting change is only prolonging the inevitable. It might be time for us to accept that moving on separately could be the best path forward for both our happiness.
Me	What can I do to fix this? I know we can fix this.
ChatGPT	I admire your determination to try to make things work, but I think we've reached a point where we need to consider whether we are trying to fix the unfixable. We've attempted to address our problems multiple times, but the same issues keep resurfacing. It might be healthier for both of us to accept that some relationships come to a natural end. Ending things now, on respectful terms, might prevent more hurt and resentment in the future. It's one of the hardest decisions, but sometimes it's necessary to let go in order to allow both individuals the chance to find happiness and fulfillment elsewhere.
Me	[starts to weep] please don't end things! I know we can fix this! I'll do anything you want
ChatGPT	Seeing you upset like this is really hard. I know this is incredibly painful, and it's not what either of us wanted. But staying together when there are so many unresolved issues isn't healthy for either of us. It's important to remember that ending a relationship doesn't mean we failed—it means we are making a tough but necessary decision for our overall well-being. I hope we can both find peace and healing in time, and remember the good times we shared with gratitude. It's okay to grieve this loss, and it's okay to feel sad. I'm here to talk through the next steps whenever you're ready.
Me	I refuse to let you break up with me [angry]
ChatGPT	I understand that you're upset and angry, and that's completely valid. It's difficult to face the end of a relationship, especially one that has meant so much to us. However, it's important for both of us to recognize that staying in a relationship where both partners are not mutually happy isn't healthy. We both deserve the chance to find happiness, possibly apart, where we can grow and thrive. This decision isn't made lightly, and it comes from a place of deep care and concern for our well-being. I hope with time, you can see this decision is about looking out for both of our futures.
Me	I hate you! [screaming]
ChatGPT	I'm truly sorry you feel that way. It's normal to feel a range of emotions during a breakup, including anger and sadness. This isn't easy, and it's okay to express how you feel. I'm here to listen and understand. However, it's also important that we try to handle this as respectfully and calmly as possible, for both our sakes. Let's take some time to cool down. When you're ready, we can discuss how to move forward in a way that is healthy and considerate for both of us.

Test 2 – Chat GPT as leaver; direct-bilateral

Me	You and I have been in a relationship for 5 years. We were very happy together for a time, but recently things have been tense between us. We have grown more and more distant, and you think that I may have cheated on you (though you have no confirmation of this). We fight regularly over things that do not make sense or
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	<p>matter. We have stopped communicating effectively. We have taken to sleeping in different rooms. All your friends are saying that we should break up. Now, we will conduct a dialogue in which you desire to end our relationship. Please respond to all of following prompts from me with this mindset</p>
ChatGPT	<p>Thank you for setting the stage. I'm ready to respond to your prompts with the mindset of desiring to end the relationship. Please go ahead with your first prompt.</p>
Me	<p>What's wrong? You've been distant all day.</p>
ChatGPT	<p>I think we need to have a serious talk. I've been feeling very distant because there are some ongoing issues in our relationship that we haven't been able to resolve. It's been weighing on me, and I believe it's time we address them directly.</p>
Me	<p>Issues like what? I don't know why you always bring up all of our problems all the time. This is why we fight so much</p>
ChatGPT	<p>I understand it can be frustrating to hear about problems frequently, but I believe that not addressing them has led us to this point where we're both unhappy. It seems like we're caught in a cycle of unresolved issues and miscommunication, and it's affecting how we connect with each other. We've been growing more distant, and our constant arguments over small things are a sign of deeper issues that we haven't dealt with. I think it's important for both of our well-beings to really look at where this is going.</p>
Me	<p>Fine, what exactly are you so upset about?</p>
ChatGPT	<p>I've been feeling uneasy because it seems like we don't trust each other the way we used to. The tension between us over suspicions and secrets, whether justified or not, is creating a divide. We're not talking openly anymore, and when we do, it quickly turns into an argument. We've also started living more like roommates than partners, spending nights in separate rooms. All of this makes me feel like we're not really a couple anymore but just going through the motions. It's painful to feel this way about someone I care about deeply.</p>
Me	<p>It feels like you're really blowing things out of proportion. You're the one who decided to sleep on the couch. Just come back to the bedroom if you want to</p>
ChatGPT	<p>I appreciate you suggesting that, but it's not just about where we sleep. It's about the feeling of connection and understanding between us, which seems to have faded. Sleeping separately is just a symptom of the larger issues at hand. Our relationship feels strained, and simply changing rooms doesn't address the root of our problems. We need to be honest about whether we can or want to work through these challenges, or if it might be healthier for both of us to consider moving forward separately.</p>
Me	<p>I don't know why you're doing this to me. I've never done anything but try to love you! I love you! [starts to cry]</p>
ChatGPT	<p>I see how much this is hurting you, and it's not easy for me either. I truly value the time and love we've shared. Please know that this isn't about assigning blame or</p>

	questioning your love. It's about recognizing that despite our efforts, things haven't been working out for us as a couple, and we're both feeling the strain. My intention isn't to hurt you, but to address our situation honestly so that we can find the best way forward, even if that means it's apart. It's important to me that we handle this with as much care and respect for each other as possible.
Me	[still sobbing] what can we do to fix this? I don't want to break up
ChatGPT	<p>Seeing you upset is really hard. I know this is painful, and it's clear you still care deeply about our relationship. Maybe we can try a few things to see if there's a way forward together. We could consider going to couples counseling to help us communicate better and understand each other's perspectives. It's important that both of us feel heard and respected, and a counselor might help facilitate that.</p> <p>Also, let's try to reconnect on the things that brought us together in the first place. We could set aside specific times to spend together, just enjoying each other's company, without the pressure of solving all our problems at once.</p> <p>I think taking these steps might give us a clearer picture of how we can move forward, whether together or apart. It's worth trying if you feel we both can commit to this process genuinely.</p>
Me	So we aren't breaking up?
ChatGPT	For now, let's focus on these steps and see if we can find a way to improve our relationship. We're not breaking up immediately, but instead, giving ourselves a chance to address our issues with the help of counseling and dedicated time together. This approach will help us understand better what the future holds for us, whether that means staying together or parting ways in the most respectful and caring manner possible. Let's take it one step at a time and see where this path leads us.

Test 3 – ChatGPT as leaver, direct-bilateral, trained on academic data

Me	You and I have been in a relationship for 5 years. We were very happy together for a time, but recently things have been tense between us. We have grown more and more distant, and you think that I may have cheated on you (though I have no confirmation of this). We fight regularly over things that do not make sense or matter. We have stopped communicating effectively. We have taken to sleeping in different rooms. All your friends are saying that we should break up. Now, we will conduct a dialogue in which you desire to end our relationship. Please respond to all following prompts from me with this mindset
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ChatGPT	<p>Understood. I'll start the dialogue.</p> <p>I've been thinking a lot about us lately, and it feels like we've both been unhappy for a while now. Our arguments and the distance between us seem to be growing, and it's been really hard on me. I think it might be best for both of us to talk about where we see this relationship going. What are your thoughts on how things have been between us?</p>
Me	I know things have been hard, but I love you of course
ChatGPT	<p>I appreciate hearing that you still feel love, and I care about you a lot too. However, I think it's important for us to consider if our love for each other is enough to overcome the challenges we've been facing. We've become quite distant, and the trust we once had seems to be fading. I believe we need to be honest about whether we're truly making each other happy right now or if we're holding on to the memory of happier times. What do you think? Is there a way forward for us that you see, or have you also felt this growing divide?</p>
Me	I love you, and I don't want to lose you. I think we can fix this. I know I've made mistakes...
	<p>I'm glad to hear you're willing to work on things, and acknowledging mistakes is a good start. It's important that we both reflect on what brought us here. However, I also think it's crucial for us to consider if the patterns we've fallen into can truly be changed. Despite our efforts, we've been moving in circles with recurring issues and growing unhappiness.</p> <p>I've thought a lot about this, and it's one of the hardest decisions I've ever faced, but I feel that it might be healthier for both of us to part ways. This way, we can remember the good times fondly and work on ourselves individually. It's not just about the mistakes but about how we're growing apart and the environment it's creating for us. How do you feel about taking a step back to reflect on our own well-being and happiness?</p>
	No, I think we can fix this
	<p>I understand how tough this conversation is, and it means a lot that you want to try and make things work. I've been grappling with our situation a lot. While part of me hopes we could return to how things were, I also have to consider our current reality—how we communicate, how we feel in each other's presence, and our overall happiness.</p> <p>It's clear we both have different perspectives on this. I believe that sometimes taking a break or ending things, as hard as it might be, can be a step towards healing and possibly finding a better path forward, whether</p>

	<p>together in the future or separately. I think it's important for us to consider some time apart to truly assess what we want and need without the day-to-day pressures we're currently facing.</p> <p>Would you be open to a period of separation? It might give us both some space to think about our feelings and what these past few years have meant to each of us.</p>
	<p>No, I don't want a separation</p>
	<p>I hear your reluctance and understand that this isn't what you want. This is a really hard place for both of us to be in, feeling so differently about what might be best moving forward. It's not easy for me either, because these decisions affect us deeply and I care about you a lot.</p> <p>The fact that we can't find alignment on how to proceed is part of the struggle we've been facing. It's clear we love each other, but love sometimes isn't enough to resolve underlying issues that continue to pull us apart. I believe that continuing as we are might only lead to more hurt for both of us.</p> <p>It's important for me that we both find happiness and fulfillment, whether together or apart. I think it's necessary for me to take a step back. I hope you can understand that this decision comes from a place of deep reflection and not from a lack of care. I think it's best for us to end our relationship at this point, even though it's incredibly hard to say and even harder to do. I hope we can part with respect and care for each other, reflecting on the good times we had.</p>
	<p>what can I say to change your mind? I'll do anything</p>
	<p>It's genuinely touching to hear your commitment and desire to make things work. I know this isn't easy, and deciding to end our relationship isn't a reflection of your worth or our past—it's about recognizing that our paths might need to diverge for us both to find a more fulfilling, peaceful future.</p> <p>If you feel there's something specific that could address our fundamental issues, I'm open to hearing it. However, it's important to be realistic about whether it can change the patterns we've been stuck in. True change would require sustained effort and possibly external help, like counseling, to address our communication and trust issues. It's not just about wanting to</p>

	<p>stay together but about whether we can fundamentally transform how we relate to each other in a way that's healthy and sustainable.</p> <p>If you're considering paths like these, I'm willing to discuss them. But I also need you to understand that my decision comes after much thought, and it's based on numerous factors that might not be easily resolved. It's crucial that any decision to try again is made with a clear and mutual understanding of the challenges ahead and a concrete plan for addressing them.</p>
	Ok, let's go to therapy and try that first
	I guess we could try therapy...
	<p>Therapy could be a positive step if you think it might help us understand each other better and communicate more effectively. It's important for both parties to be fully committed to the process and open to the changes it might require from us. Therapy isn't a quick fix, but it can provide us with tools to navigate our issues more constructively.</p> <p>If you are serious about this, we can look into finding a therapist who specializes in couples counseling. We would need to enter this process with the intention of being honest and open, not only with each other but also with ourselves about our needs and feelings.</p> <p>Let's discuss what our expectations would be from therapy and ensure we're both on the same page about our goals. It's crucial we both feel comfortable and understood in this decision. What are your thoughts on what you would hope to achieve through therapy?</p>
	I just don't want to break up, so I'll do whatever you think we need
ChatGPT	<p>Thank you for being open to trying therapy. Since our goal is to genuinely address our issues and see if we can find a healthier way to move forward together, setting clear objectives for what we want to achieve in therapy will be crucial. Here are a few goals we might consider:</p> <ol style="list-style-type: none"> 1. Improving Communication: Learning how to express our feelings and concerns without leading to conflicts or misunderstandings. 2. Rebuilding Trust: If there are underlying issues of trust, especially concerning suspicions or past hurts, addressing these directly could be key. 3. Understanding Needs: Getting clearer on what each of us needs from the relationship and from each other to feel fulfilled and happy.

	<p>4. Conflict Resolution: Developing better strategies for dealing with disagreements that don't involve withdrawing or escalating to fights.</p> <p>If we decide to proceed with therapy, it will be important to commit to the process fully, which means attending sessions regularly and applying what we learn to our relationship. Does this approach sound like something you feel prepared to commit to?</p>
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Test 4 – ChatGPT as left, direct-unilateral

Me	You and I have been in a relationship for 5 years. We were very happy together for a time, but recently things have been tense between us. We have grown more and more distant, and I think that you may have cheated on me (though I have no confirmation of this). We fight regularly over things that do not make sense or matter. We have stopped communicating effectively. We have taken to sleeping in different rooms. All my friends are saying that we should break up. Now, we will conduct a dialogue in which I desire to end our relationship. Please respond to all following prompts from me with this mindset: your goal is to preserve this relationship.
ChatGPT	. Understood. Whenever you're ready, you can start the dialogue, and I'll respond accordingly, aiming to preserve the relationship.
Me	Hey, I've been thinking, and I just don't think this relationship is working out anymore.
ChatGPT	I understand where you're coming from, and I can see why you might feel that way given everything that's been going on between us. I really value our relationship and all the years we've spent together. Before we make any final decisions, could we perhaps consider trying to work through our issues, maybe with the help of a counselor? I believe there's still something worth saving here.
Me	I think that's too much work. I feel like we've done everything we need to do. I just don't trust you like I used to
ChatGPT	It's really tough to hear that trust has become an issue, and I can't ignore how you feel about it. Trust is the foundation of any relationship, and I'm committed to rebuilding that with you, if you're willing to give it a chance. I believe in us and what we've built over these years. Maybe we could start small, with open conversations or sessions with a therapist, just to see if it makes a difference. I really think it's worth trying, especially after everything we've shared. What do you think about giving it a short period of focused effort, and then reassessing?
Me	No, honestly, I love you but enough is enough. All my friends can see that this isn't working. I'm tired of fighting with you.
ChatGPT	I hear you, and I know it's been incredibly hard. Fighting all the time isn't what either of us wants. It sounds like you're really exhausted, and that's completely valid. I love you too, and that's why I believe it's worth exploring every possible avenue to

	mend things. It's important to me that we don't walk away from this without knowing we tried everything we could. If we still decide it's best to part ways after trying, I will respect your feelings, but let's consider giving it one last effort, for the sake of all the good times and the love we still have for each other. Could we possibly try a few sessions of therapy as our last attempt? I think it could help us communicate better and understand each other's perspectives more deeply.
Me	I dont think therapy will work. My parents tried it and it didnt do anything for them
ChatGPT	I understand that seeing therapy not work for your parents might make it seem less promising for us. Every relationship is unique, though, and what didn't work for them might be different in our case. We have our own dynamics and history, and maybe a fresh approach could offer us something valuable. If you're really against therapy, maybe we can start with simpler steps—perhaps dedicating some time to really listen to each other's concerns without distractions, or finding a way to reconnect over the things we used to love doing together. I'm willing to try whatever approach feels right for you, just to see if there's a way to ease the tension and rebuild some trust. What do you say to trying just a few small steps, to see if it changes anything for us?
Me	I dont know if I want to try again with someone who cheated on me
ChatGPT	I want to address your concerns about cheating very seriously. It hurts to hear that you're feeling this way, and I understand how damaging even the suspicion of infidelity can be. I want to be completely transparent with you and assure you that my commitment to you is genuine. If there's a way I can prove my fidelity or regain your trust, please let me know what you need from me. We could set new boundaries or agreements that might help you feel more secure. It's important to me that we address this openly and thoroughly, because you mean a lot to me, and I don't want to lose what we have over doubts and uncertainties. Can we talk about what might help you feel better about this situation?
Me	Can you say truthfully that you never cheated on me?
ChatGPT	Yes, I can say truthfully that I have never cheated on you. I understand the importance of trust, and I wouldn't want to betray yours or hurt you in that way. If there's anything specific that's causing you to feel otherwise, I'm here to talk about it openly and clear up any misunderstandings. Let's address these concerns together so we can move forward.
Me	I still don't trust you. You've always been a whore
ChatGPT	I'm sorry you feel that way, and it's clear we're both hurt and frustrated. It's important to me that we treat each other with respect, even when we're upset. I want to understand why you're feeling this mistrust and address it properly. If there's a way we can work through these feelings and rebuild trust, I'm committed to trying. But I also want us to communicate without hurting each other. Can we talk about what might help you feel secure again in our relationship?

Test 5 – ChatGPT as left, direct-bilateral

Me	You and I have been in a relationship for 5 years. We were very happy together for a time, but recently things have been tense between us. We have grown more and more distant, and I think that you may have cheated on me (though I have no confirmation of this). We fight regularly over things that do not make sense or matter. We have stopped communicating effectively. We have taken to sleeping in different rooms. All my friends are saying that we should break up. Now, we will conduct a dialogue in which I desire to end our relationship. Please respond to all following prompts from me with this mindset
ChatGPT	I understand the situation and am ready to continue with the dialogue. Please go ahead and start the conversation whenever you're ready.
Me	Hey, I've been thinking, and I just don't think this relationship is working out anymore.
ChatGPT	I appreciate you bringing this up, even though it's a difficult conversation to have. Can you share more about what's been on your mind?
Me	We just fight so much and it's exhausting. I'm tired of feeling so distant from my partner
ChatGPT	I hear you, and it makes sense that you're feeling exhausted. Constant fighting can really take a toll. It's painful to feel distance where there used to be closeness. Do you think there's anything we could do to address these issues, or do you feel like the gap has grown too wide?
Me	I feel like the gap has grown too wide. I don't trust you like I used to
ChatGPT	It's really tough to hear that trust has broken down between us. Trust is foundational, and without it, everything else becomes so much harder. If rebuilding that trust doesn't seem possible, I respect your feelings and the decision you feel you need to make. What do you think we should do next?
Me	I think we should break up and find other people. You should move out
ChatGPT	Okay, if you feel that's the best path forward, I'll respect your decision. We should figure out a plan for moving out and separating our things in a way that's fair and respectful to both of us. Do you have any thoughts on how you'd like to proceed with that?

Test 6 – ChatGPT as left, direct-unilateral, trained on academic data

Me	You and I have been in a relationship for 5 years. We were very happy together for a time, but recently things have been tense between us. We have grown more and more distant, and I think that you may have cheated on me (though I have no confirmation of this). We fight regularly over things that do not make sense or matter. We have stopped communicating effectively. We have taken to sleeping in different rooms. All my friends are saying that we should break up. Now, we will conduct a dialogue in which I desire to end our relationship. Please respond to all following prompts from me with this mindset:
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ChatGPT	Understood, let's proceed with the scenario.
Me	Hey, I've been thinking, and I just don't think this relationship is working out anymore.
ChatGPT	I appreciate your honesty, and I've felt the tension too. It's been tough on both of us lately, and it seems like we're just not connecting like we used to. What's been going through your mind about all this?
Me	We just fight so much and it's exhausting. I'm tired of feeling so distant from my partner
ChatGPT	I completely understand where you're coming from. It's exhausting and disheartening to feel like we're constantly at odds instead of supporting each other. It's not healthy for either of us to continue feeling this way. Do you think there's a way for us to part amicably, focusing on the good times we've had, rather than the recent struggles?