**SFT6 and SFT8 prompt responses**

--- Example 1 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I feel like no one really understands what I’m going through.

<|assistant|>

Expected Response:

I'm really sorry you're feeling that way. It can be incredibly hard when it seems like no one truly gets what you're going through. You're not alone, and your feelings are valid. I'm here to listen and support you.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I feel like no one really understands what I’m going through.

<|assistant|>

I can understand that. People might have a hard time understanding how much it means to you. It's a good thing that you have a support system or confidants. It's not easy to go through a tough time with no one to talk to.

as for the topic, I'd like to hear about the good times you have had.

i know it's hard when things aren't going as planned but try to keep a positive attitude and remember the good times you've had.

i hope you can find your way out of this storm and come out on the other side a better person.

keep reaching out to people and talking to yourself in a

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I feel like no one really understands what I’m going through.

<|assistant|>

That is understandable. There can be a lot of stigma around mental health issues. I understand if you don't want to use emoticons. But feel free to express yourself in a non-verbal way. The more you can express yourself the less likely people will judge you. People may not understand the situation but they will understand your feelings. Remember that you can't force them to understand. It's important to be yourself and be honest with yourself. Sometimes the best way to express yourself is through words. Just try your best to be comfortable in your own skin. I hope this helps you. It was a tough experience for me. I have been

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--- Example 2 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

My best friend hasn’t talked to me in days, and it’s making me anxious.

<|assistant|>

Expected Response:

That sounds really tough. It’s painful when someone close goes quiet, and it’s natural to feel anxious. Remember, their silence doesn’t define your worth. You deserve care and connection, and I’m here for you whenever you want to talk.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

My best friend hasn’t talked to me in days, and it’s making me anxious.

<|assistant|>

That's awful. It's hard to keep up with people when they don't want to be around you. Have you tried to reach out to them or do they not want to talk?

I know everyone has busy lives and things come up but it's still important to let them know that you're thinking about them and hoping they're OK.

Try to stay positive and just hope that they come around in the end.

If they don't want to talk at this moment, that's completely understandable. Just make sure to keep in touch in the future so you don't lose each other.

I'm sure you'll get back together

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

My best friend hasn’t talked to me in days, and it’s making me anxious.

<|assistant|>

I don't know what to say. You need to talk to them. Maybe they're just busy. But if they don't want to talk to you, you need to find another way to get their attention. You could text them or call them. Maybe try a different approach. But you'll need to do something. It's not good for anyone to be completely cut off from each other. I hope they don't be too hard on you\_comma\_ and that you get back in touch soon. They might just need some time to think and get back to you. Good luck! And I hope you have fun with your friend and get back in

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--- Example 3 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I’m overwhelmed with school and feel like I’m falling behind.

<|assistant|>

Expected Response:

I hear you, it’s so overwhelming when school piles up and you feel like you’re slipping behind. It’s okay to feel this way, and it doesn’t mean you’re failing. Take a deep breath, break things into smaller steps, and remember you’re doing your best. You’ve got this.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I’m overwhelmed with school and feel like I’m falling behind.

<|assistant|>

It is understandable to feel that way. College can be a bit daunting but with hard work and dedication you can still get through it. Good luck with your studies! If you need any help with your assignments or academic work, feel free to ask me. I am always happy to help. Best of luck to you. Let me know if you need anything else. Have a great week!

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I’m overwhelmed with school and feel like I’m falling behind.

<|assistant|>

Well\_comma\_ that is understandable\_comma\_ you can definitely tell us about it. Are you struggling in school? Have you tried to make a plan for future? What is the reason behind this? It is better to talk about your struggles openly and honestly with a friend. This person will understand you better and can help you. You can express your feelings and needs and ask for help as well. Remember that everyone has their own struggles and you should never feel ashamed of that. It takes courage to admit your feelings and seek help. So\_comma\_ talk to your friend and share your thoughts and feelings. It will be helpful for both of you.

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--- Example 4 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I tried really hard on my project, but it didn’t turn out the way I hoped.

<|assistant|>

Expected Response:

That’s really disappointing, and I’m sorry your project didn’t go as you hoped. Your effort matters so much, and setbacks don’t erase all the hard work you put in. Every experience is a step forward, even if it doesn’t feel that way now. Keep believing in yourself.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I tried really hard on my project, but it didn’t turn out the way I hoped.

<|assistant|>

Hey there\_comma\_ do you ever take responsibility for your shortcomings? I understand that it can be challenging to admit mistakes\_comma\_ but I think it's important to do so as you learn to improve. I hope you find the motivation to learn and improve moving forward. It takes a lot of effort to improve\_comma\_ but I'm sure you will get there. Just think of it as an opportunity to learn and grow. Good luck! I hope you get this under control soon! I bet you feel terrible now! Don't let it get you down! Keep pushing forward! Good luck!

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I tried really hard on my project, but it didn’t turn out the way I hoped.

<|assistant|>

That must have been really frustrating. How did you feel about it? Did you feel that it was a waste of time or did you learn anything from it?

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--- Example 5 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I got some bad news about a family member today.

<|assistant|>

Expected Response:

I’m so sorry to hear that. Receiving tough news about someone you love can feel overwhelming and heavy. It’s okay to feel whatever comes up right now, grief, fear, confusion. You’re not alone, and I’m here to support you through this.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I got some bad news about a family member today.

<|assistant|>

That's really bad news\_comma\_ I'm sorry to hear that\_comma\_ have you thought about calling them? If not can you try and find out when they'll be home again? I'm sure they'll want to take care of you. I hope you feel better soon. It's always good to have a support system even if it's just online. You can always reach out to the forum or the chat room and ask for help. I hope you're doing better now. I'm sorry to hear about your family. I'm sure they're devastated. Is your friend going to be able to help you feel better?

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I got some bad news about a family member today.

<|assistant|>

I am so sorry for your loss. What kind of family member is it? were you close with them? It's hard to hear these kind of news. Sending you positive thoughts and prayers. Best you take it as a lesson. You have 23 other family members. So you have got to get your time right. Soon you will all be together again. So you can make fun of them all the time. But for now you have to be patient. Remember those 23 other family members will make you laugh more than anyone else. So it's worth it in the end. You will be the funny aunt or uncle for all your nephe

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--- Example 6 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I feel really lonely these days.

<|assistant|>

Expected Response:

Feeling lonely can be so painful, and I’m sorry you’re going through this. Remember, your feelings matter, and it’s okay to reach out, even just a little. You’re not alone, and there are people who care deeply about you. I’m here to listen whenever you need.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I feel really lonely these days.

<|assistant|>

I'm sorry to hear that. I know how difficult it can be to be apart from friends and family. Is that the first time you have felt that way? It can be hard to feel alone sometimes when people are around you. Take some time to yourself and do something that you enjoy. Sometimes just having a little break can help. Life is too short to be lonely. Have a good day!

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I feel really lonely these days.

<|assistant|>

I'm sorry to hear that. It must be really hard to be single. I would try to make a point to reach out to some friends or connect with random strangers online. I hope things get better for you soon. 🤗

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--- Example 7 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

Everyone expects me to be strong, but I’m really struggling inside.

<|assistant|>

Expected Response:

That’s incredibly hard, to carry the weight of others’ expectations while struggling inside. It’s okay to admit you’re not okay. Your strength includes being honest about your feelings, and you don’t have to face this alone. You deserve support and kindness.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

Everyone expects me to be strong, but I’m really struggling inside.

<|assistant|>

That sounds like it could be a serious problem. I would encourage you to seek professional help if possible. If that is not an option, then try to take some time for yourself. Maybe take a relaxing walk outside or engage in some other hobby that can help you clear your mind. Overall, I would encourage you to take care of yourself and try to be kind to yourself as well. Remember that everyone has their own struggles and that you are not alone. Just know that you are valued and appreciated for who you are. Best of luck.

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

Everyone expects me to be strong, but I’m really struggling inside.

<|assistant|>

I really don't know what to say to someone who is going through tough times. But I'd be sure to show them that you're a caring person and that you care about their well-being. Be honest with them and try to understand their situation. Good luck!

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--- Example 8 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

My partner and I had a big argument and now I feel emotionally drained.

<|assistant|>

Expected Response:

I’m really sorry you’re feeling this way. Arguments with someone you care about can leave you feeling exhausted and hurt. It’s okay to take time to breathe and care for yourself. Your feelings are valid, and healing takes time. You’re not alone.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

My partner and I had a big argument and now I feel emotionally drained.

<|assistant|>

If you feel drained mentally after having an argument with your partner then you could try talking it out or seeking professional help to resolve the issue. It is not always easy but it is better to work on it in the long run.

You could also try taking a break from the situation so that you can clear your head and come back to it with fresh eyes.

Remember that it is never a good practice to let your emotions control you.

Sometimes it takes time to resolve disputes but it is always better to resolve it amicably.

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

My partner and I had a big argument and now I feel emotionally drained.

<|assistant|>

That is actually kind of a bad thing to feel. I am sure you are upset about the argument and you are hoping things will improve in the future. How does your current relationship look like? Was there any resolution to the problem? Did you take any steps to move forward? Did you express your feelings? I am sure you are going through a tough time right now. I hope you can get through it. You have to take care of yourself first and foremost.

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--- Example 9 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I’m scared about what the future holds. Everything feels uncertain.

<|assistant|>

Expected Response:

Feeling scared about the future is completely natural when everything feels uncertain. It’s okay to not have all the answers right now. Take things one step at a time, and be gentle with yourself. You’re stronger than you realize, and I’m here with you through this.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I’m scared about what the future holds. Everything feels uncertain.

<|assistant|>

I understand. I think it's important to be optimistic and think positively about the future. Just be aware of the unknowns and be prepared for any situation. It's good to have a positive outlook in life. I hope you find a way to build your hopes back up. Best of luck! Always remember that life is a never ending process. Keep moving forward. I hope you find your way out of this situation soon. I'm here to help you if I can. Just remember to trust the process. You got this. You got my back. I'm here for you. Just believe in yourself and keep moving forward. Good luck!

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I’m scared about what the future holds. Everything feels uncertain.

<|assistant|>

I can understand where you're coming from. The future can be anything from a bright and hopeful place to a dark and uncertain one. It really depends on your perspective.

I would try to be as optimistic as possible. But I can understand how you feel. You need to stay positive and believe in yourself in order to overcome whatever challenges you may face.

I'd recommend starting by setting some realistic goals for yourself and working towards achieving them. That way, you'll feel more confident and less anxious about the future.

Remember that the world is full of interesting and positive people. You're not alone in your struggle.

Just stay focused on your

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--- Example 10 ---

Prompt:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I just feel like giving up lately.

<|assistant|>

Expected Response:

I’m really sorry you’re feeling this way. It’s okay to feel overwhelmed and unsure, but please remember you’re not alone and your feelings matter. Reaching out for support can make a difference, you deserve kindness and hope, even when it’s hard to see.

SFT6 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I just feel like giving up lately.

<|assistant|>

I understand that\_comma\_ I think it's great that you want to improve. It can be helpful to be open about your struggles and what you are doing to overcome them. Remember that support is key\_comma\_ and I'm sure there are people who would be willing to help and support you. It's all about trying to find the right balance of support and independence. Good luck!

\_comma\_ keep pushing forward. You'll get there in the end.

I hope that helps.

SFT8 Response:

<|system|>

How would you respond to this empthatically,Respond without using emoticons.

<|user|>

I just feel like giving up lately.

<|assistant|>

That's understandable. It's not easy to stay motivated when sometimes the progress seems slow. Try to stay positive and remember that the future is brighter than the present. Sometimes we just need to take a step back and give ourselves a break. Don't forget to take care of yourself too!

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