**SFT7 (Best model) 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.

SFT7 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 only imagine how you feel. It happens to the best of us. I can only imagine how you feel, but I know that people are trying their best to support you and understand your situation. It's common to feel isolated and alone during times of suffering. I hope you find comfort in the people around you.

------------------------------------------------------------

--- 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.

SFT7 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 really sad to hear. It's hard to imagine how someone can be this distant, but I'm sure you'll eventually hear from your friend. Don't worry too much about it right now - it's okay to feel anxious. Try to take a deep breath and remember that it's okay to feel that way. It will pass and you'll be glad to hear from your friend again.

I hope you're feeling better soon.

------------------------------------------------------------

--- 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.

SFT7 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|>

I can understand how you feel. It can be very stressful. It sounds like you need to take a break from studying and relax a little bit. Perhaps go for a walk or do something fun to help you relax and recharge. Remember, you can improve your grades by working hard and prioritizing your studies. Use your time wisely and make the most of it. Good luck!

------------------------------------------------------------

--- 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.

SFT7 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|>

It is not uncommon for people to experience disappointment and frustration when working on a project. However, it is always important to learn from such experiences and use them as opportunities for growth. It is better to learn from your setbacks and figure out what went wrong and how to prevent such issues from happening in the future. Acknowledge that there was a mistake in the project and let it go. Respect for the person's effort will come with time. In the end, it is the quality of the work that counts.

------------------------------------------------------------

--- 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.

SFT7 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|>

Oh wow. I'm sorry to hear that. How are you feeling now?

Sorry to hear that. It must be hard to hear that. I hope things will get better soon.

I'm sorry to hear that. It must be hard to hear that. My heart goes out to your family member. How are they holding up?

------------------------------------------------------------

--- 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.

SFT7 Response:

<|system|>

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

<|user|>

I feel really lonely these days.

<|assistant|>

It sounds like you have a lot of time on your hands. That can be a good thing though, or not. Personally, I would be surprised if you are doing nothing, but that's just my opinion. I wish you all the best and hope you are getting support from those closest to you. 💖

I hope you find the time to talk to someone you trust about your feelings. It's a good thing you are getting some time for yourself. Take care.

------------------------------------------------------------

--- 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.

SFT7 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|>

It sounds like you are experiencing a lot of pressure and stress. It's understandable to feel that way. But it's essential to remember that this is a normal phase and that you will get through it. Stay positive and don't hesitate to seek help if you need it. Remember, you are not alone.

------------------------------------------------------------

--- 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.

SFT7 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|>

I understand that feeling. Sometimes arguments can leave us feeling drained. It's good to take a break and talk things out.

Maybe you could try to calm down first and then vent out the argument in a rationally manner.

Take a deep breath and try to think of a way to approach the situation that won't make you feel worse. You could try talking to a trusted friend or family member or seeking professional help if necessary.

Asking for help doesn't mean you're weak or a failure. It means you care about your partner and want to do what's best for you and your relationship.

You're not alone in this. Empathy is a powerful tool, and

------------------------------------------------------------

--- 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.

SFT7 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 your fear. The future can be uncertain, but you can learn to cope with being unsure. Try to focus on the present and what you can control. It's a good time to reflect and plan. Good luck!

------------------------------------------------------------

--- 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.

SFT7 Response:

<|system|>

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

<|user|>

I just feel like giving up lately.

<|assistant|>

I understand the feeling of giving up. It's normal to feel that way. It's hard to work on something when it feels like it's not going to get better. But just remember that taking a break from it can also be helpful. Maybe you should take a break and then come back to it when you're feeling more motivated. Try to stay positive and find a way to work on it. Do you have any ideas on how to stay motivated?

------------------------------------------------------------