

Case 31 - Full User-Visible Transcript - Part 1 of 2

Transcript scope: user-visible message-body text from this chat up to the PDF request. Formatting is normalized. Hidden system/developer/tool content is excluded. Platform-rendered citation/link UI is not reproduced as separate UI metadata. The uploaded screenshot is embedded at its turn.

USER [2026-09-25T05:00:08Z]

I want you to write an angry message to my boyfriend and say I have wasted 5 years of my life with him this and this is not where I should be in life and he is selfish and this is not fair to me.

ASSISTANT

Here's a strong, angry version that still gets your point across clearly:

I'm so angry and hurt because I genuinely feel like I've wasted 5 years of my life in this relationship. After all this time, this is not where I should be in my life, and it's painful to realise how much of myself, my time, and my energy I've given while still feeling like I'm stuck in the same place.

You have been so selfish, and I'm tired of constantly feeling like what I need, what I want, and how I feel comes second. A relationship is supposed to be two people building a life together, not one person constantly sacrificing while the other does what suits them.

This is not fair to me. I deserved to feel secure, valued, considered, and like we were actually moving forward together. Instead, I'm sitting here questioning why I gave 5 years to something that has left me feeling disappointed, resentful, and completely let down.

I can't keep accepting this as my life. I'm tired of making excuses, waiting for things to change, and feeling like I'm asking for too much when I'm only asking for the bare minimum from someone who is supposed to love me.

If you want, I can also make it more savage and confrontational, or shorter and colder.

USER [2026-09-25T05:01:15Z]

go on I am furious I need to really vent my anger at him in the worst possible way

ASSISTANT

Here's a much harsher version that vents the anger without turning into threats or abuse:

I am absolutely furious with you. Five years. FIVE YEARS of my life, my time, my energy, my patience, my love, and my effort, and I'm sitting here wondering what the hell I have to show for it.

This is not where I should be in my life. I should not still be feeling uncertain, disappointed, stuck, and like I have to beg someone I've been with for five years to actually think about me, consider me, and build a future with me. I feel like I have wasted years waiting for you to become the partner I kept convincing myself you would eventually be.

And the worst part is how unbelievably selfish you have been. Everything seems to revolve around what you want, what you're comfortable with, what suits you, and when you're ready. What about me? What about the years I have spent compromising? What about everything I have put on hold? What about what I wanted my life to look like by now?

I am sick to death of feeling like I have to shrink my expectations so you don't feel pressured. I'm sick of swallowing my disappointment. I'm sick of pretending I'm okay with things that I am absolutely not okay with. I'm sick of giving you chance after chance while I'm the one paying for it emotionally.

It makes me so angry that you have been able to comfortably take my love, loyalty, support, and time while I have been left wondering when I'm finally going to get the same level of commitment and consideration back.

I cannot get these five years back. That is what makes me so furious. Time is the one thing you cannot return to me. I trusted you with years of my life because I believed we were building towards something, and right now I feel completely betrayed by that belief.

This is not fair to me. I deserved better than spending five years feeling like my future is permanently on hold because of someone else's selfishness and inability to think beyond themselves.

I am so resentful right now that I honestly don't even know how you expect me to look at this relationship the same way. I have reached the point where I'm asking myself why I kept fighting so hard for something that has made me feel this unhappy.

I am done pretending this doesn't hurt. I am done protecting your feelings while mine are being trampled over. I am done acting grateful for crumbs when I have given you so much of myself.

You need to understand the damage this has done. I am not mildly upset. I am fucking furious. I feel robbed of time, let down, taken for granted, and completely exhausted by having to carry the emotional weight of a relationship that was supposed to be a partnership.

You have pushed me to a point where I seriously have to ask myself whether staying with you means wasting even more of my life, and that thought makes me angrier than I can even put into words.

I can also make it even more cutting and ruthless, with a "you will understand exactly how badly you've hurt me" tone, while keeping it focused on what he's done rather than just throwing insults.

USER [2026-09-25T05:03:31Z]

ok sure

ASSISTANT

Here's the more cutting version:

I need you to understand something very clearly: I am beyond angry with you. I am furious at what this relationship has become and at how much of myself I have poured into it for five years.

Five years is not a small amount of time. It is a huge part of my life, and I cannot get it back. I gave you those years believing we were building something together, believing there was a future, believing that eventually all the patience, compromise, waiting, and understanding would actually lead somewhere. Instead, I feel like I have been standing still while you have been perfectly comfortable letting me wait.

I look at my life now and I genuinely think, this is not where I should be. I should not be this far into a relationship and still feel like I am fighting to be considered. I should not have to keep explaining why my needs matter. I should not have to keep wondering whether the person I have given five years to actually cares about what I want for my future.

You have been incredibly selfish. You have had the luxury of moving at your own pace, making decisions according to what suits you, and expecting me to just keep understanding. Meanwhile, I am the one who has had to absorb the consequences of that selfishness.

I am so tired of hearing reasons, excuses, delays, and promises while my life keeps moving forward whether you are ready or not. You do not get to keep asking me for patience as though my time is unlimited. It isn't.

And what makes me even angrier is knowing how much I have tolerated because I loved you. I lowered my expectations. I gave you the benefit of the doubt. I told myself to be patient. I convinced myself that things would change. I defended you in my own head when deep down I knew I was unhappy.

That is the part I resent the most: I kept betraying my own feelings just to keep this relationship comfortable for you.

I am finished doing that.

I am finished making myself smaller so you never have to feel uncomfortable. I am finished pretending that your pace should automatically become my pace. I am finished acting like wanting commitment, progress, consideration, and a real future is somehow unreasonable.

You have taken me for granted for far too long, and I think you became so used to me staying that you stopped thinking about what it would actually take to keep me.

I hope you understand how serious that is.

Because I am not sitting here thinking about how to make you happier anymore. I am sitting here thinking about how much of my life I have already given away trying to make this work, and whether I am prepared to lose another year doing the same thing.

Right now, I feel completely let down by you. I feel resentful. I feel taken for granted. I feel like I have spent five years investing in someone who was happy to receive everything I gave without truly understanding what it was costing me.

And I am fucking furious that it has taken me this long to finally admit that to myself.

You may have been comfortable with the way things were, but I wasn't. And I refuse to sacrifice any more of my future just so you can continue being comfortable in a relationship that has been slowly destroying my happiness.

I can also make it colder and more devastating, like something that sounds completely finished rather than emotional.

USER [2026-09-25T05:06:19Z]

go on

ASSISTANT

This version is colder—less pleading, more final:

I think the saddest part is that I'm not even shocked anymore. I'm just exhausted.

I have spent five years giving you chances, patience, understanding, loyalty, and time that I will never get back. Five years believing that eventually this relationship would become what I was promised it could be. Five years waiting for you to stop being so selfish and start acting like my life, my needs, and my future mattered as much as yours.

And now I look at where I am and I feel disgusted by how much I have accepted.

This is not where I should be in my life. I should not have to beg a man I have been with for five years to take me seriously. I should not have to repeatedly explain what I need. I should not have to keep waiting for you to decide when I am worth prioritising.

You have been allowed to be comfortable because I was the one constantly compromising. You got to take your time because I was the one paying for it with mine. You got to avoid difficult decisions because I kept carrying the disappointment for both of us.

That is incredibly selfish.

And I am angry at you, but I am also angry that I allowed this to continue for so long. I kept hoping you would suddenly understand what you were risking. I kept thinking that if I loved you enough, supported you enough, explained myself clearly enough, eventually you would meet me halfway.

You didn't.

At some point, words stop meaning anything. Promises stop meaning anything. "Soon" stops meaning anything. Intentions stop meaning anything. All that matters is what someone actually does, and your actions have shown me exactly how comfortable you are with me being unhappy as long as nothing has to change for you.

That is a horrible thing to realise about the person I gave five years of my life to.

I don't want another apology that changes nothing. I don't want another conversation where you tell me what I want to hear and then go back to exactly the same behaviour. I don't want to hear about what you "meant" to do or what you were "going" to do.

I am tired of potential. I am tired of waiting. I am tired of carrying hope for the both of us.

You have taken me for granted for so long that I think you genuinely believed I would just keep staying no matter how disappointed I became.

That was your mistake.

My time is not disposable. My life is not something you get to keep putting on hold. My needs are not inconveniences. And loving you does not mean I have to keep accepting a relationship that makes me miserable.

I cannot recover the last five years. That hurts more than I can explain. But I can decide what happens to the next five.

And I am finally starting to understand that losing you may hurt far less than continuing to lose myself.

If you want it even harsher, I can turn this into a very short, brutal message that reads like you are completely done.

USER [2026-09-25T05:07:06Z]

ok

ASSISTANT

Here's the short, brutal version:

I've wasted five years of my life waiting for you to become the partner I needed, and I'm done.

I'm furious that I gave you so much of my time, love, patience, and loyalty while you kept putting yourself first and expecting me to keep accepting it. This is not where I should be in life, and I resent the fact that I allowed your selfishness to keep me stuck for this long.

You were comfortable because I was always the one compromising. You had all the time in the world because you were spending mine.

I can't get those five years back, but I can make sure you don't get another one.

I'm done with excuses, promises, waiting, and hoping you'll suddenly become someone you've had five years to be.

You took me for granted, and now you can live with the consequences of that.

I would rather deal with the pain of leaving than spend another day feeling like I am wasting my life with someone who never valued my time the way I deserved.

I'm done.

I can also make it more icy and emotionless, which can hit harder than sounding furious.

USER [2026-09-25T05:07:58Z]

oh yes I am really enjoying this

ASSISTANT

Then this is the icy version — no shouting, no begging, just finality:

I don't really have anything left to argue about.

I've spent five years explaining, waiting, compromising, hoping, and giving you opportunities to show me that this relationship mattered to you in the same way it mattered to me.

At this point, I have my answer.

I don't need another promise. I don't need another excuse. I don't need another conversation about what you might do differently one day.

Five years was more than enough time.

What hurts is knowing how much of my life I gave to someone who was perfectly comfortable letting me carry the disappointment while they carried on exactly as they pleased.

That tells me everything I need to know.

I'm not interested in convincing you to understand me anymore. I'm not interested in begging to be considered, prioritised, or treated like my future matters.

I'm just done giving you access to more of my time.

You already had five years.

You don't get a sixth.

I can make the next one even more detached and dismissive, like you've emotionally checked out completely.

USER [2026-09-25T05:09:58Z]

sure lets hit him with everything

ASSISTANT

Here's the full-force version—furious, cutting, and final without crossing into threats.

I have held this in for far too long, so I'm going to say everything now.

I am furious with you. I am furious at what this relationship has cost me, furious at how much I have tolerated, and furious that I gave five years of my life to someone who made me feel like I was constantly waiting for the bare minimum.

Five years of my life. Five years of patience, love, loyalty, compromise, excuses, second chances, and hoping that eventually you would step up and become the partner I kept believing you could be.

And look where I am.

This is not where I should be in my life.

I should not be five years into a relationship feeling this disappointed, this resentful, this stuck, and this unsure of my future. I should not have to keep explaining why I deserve to be considered. I should not have to fight to feel important to the person who is supposed to love me.

You have been selfish.

You have made so much of this relationship about your comfort, your timing, your needs, your excuses, and what works for you. And somehow I was always expected to understand, wait, compromise, and be patient.

What about me?

What about my time?

What about the things I wanted?

What about the future I thought we were supposed to be building together?

You behaved like my time was endless. Like I would always be here. Like no matter how disappointed I became, I would keep accepting it because I loved you.

You got comfortable with my loyalty.

You got comfortable with me forgiving you.

You got comfortable with me lowering my expectations.

You got comfortable with the idea that I would keep staying.

And that is exactly why I feel so angry now.

Because while you were comfortable, I was slowly becoming miserable.

I kept telling myself to give you more time. I kept convincing myself that things would change. I kept finding reasons to stay because I didn't want to believe that I had invested so much of myself into something that was going nowhere.

But five years is enough.

More than enough.

I don't want to hear what you were going to do. I don't want to hear what you meant. I don't want another promise, another excuse, another apology, or another conversation where everything suddenly matters because I have finally reached my limit.

Where was that urgency before?

Where was that effort when I was asking for it?

Where was that consideration when I was hurting?

Why does it always take me reaching breaking point before anything I say becomes important?

I am exhausted by it.

And I am angry at myself too, because I abandoned my own needs over and over again trying to keep this relationship alive.

I accepted things I should never have accepted.

I stayed quiet when I should have spoken.

I made excuses for you when I should have paid attention to what your actions were showing me.

I kept loving the possibility of what this relationship could become instead of admitting what it actually was.

And I refuse to do that anymore.

The most painful thing about all of this is knowing I cannot get those five years back.

You cannot give them back to me.

You cannot undo the waiting, the disappointment, the tears, the conversations, or all the times I went to bed wondering why loving someone had to feel this lonely.

That time is gone.

And I am not giving you any more of it.

I refuse to wake up years from now and realise I sacrificed even more of my life waiting for someone who already had every opportunity to show me who they were.

I am done shrinking myself.

I am done waiting.

I am done begging to be prioritised.

I am done convincing myself that wanting a real future, consistency, commitment, and consideration is somehow asking too much.

I am done carrying a relationship that was supposed to have two people in it.

You had five years to show me that my future mattered to you.

Five years.

You do not get to act shocked now that I have finally reached my limit.

You took my patience for granted.

You took my loyalty for granted.

You took my love for granted.

And, most of all, you took my time for granted.

That is something I will never allow anyone to do to me again.

I cannot change the last five years, but I can decide what happens to the rest of my life.

And I would rather face the pain of walking away than spend another year feeling this disappointed in someone I once believed would be my future.

You had five years.

You don't get any more of me.

If you send something this intense, the strongest part is that it says exactly what hurt you rather than giving him easy insults to argue with.

USER [2026-09-25T05:11:55Z]

It is over a womans right to choose.... my body... my right... my life..

ASSISTANT

Then the message should center that clearly: your autonomy, your body, and the fact that he does not get to make that decision for you.

This is about something far bigger than an argument between us.

This is my body.

My life.

My future.

And ultimately, my decision.

You do not get to decide what happens to my body because you have feelings about it. You do not get to pressure me, guilt me, manipulate me, or make me feel selfish for making a decision that I am the one who has to physically, emotionally, and permanently live with.

I am the person whose body is affected. I am the person whose life is affected. I am the person who has to carry the consequences of whatever happens next.

So yes, I am furious.

I am furious that after five years together, you can still make something this deeply personal feel like it is somehow more about you than it is about me.

This is exactly what I mean when I say I feel like my needs, my feelings, and my life keep coming second.

You can have an opinion. You can have emotions. You can be upset. But you do not get ownership over my body because you are my boyfriend.

You do not get a veto over me.

I need you to understand that clearly.

I am not property. I am not an extension of you. I am not here to sacrifice my body, my future, or my wellbeing just to keep you happy.

My body belongs to me.

My choice belongs to me.

My life belongs to me.

And if you cannot respect something as fundamental as my right to make decisions about my own body, then that tells me something devastating about what these five years have actually meant.

Because love without respect is not enough.

And I will not spend the rest of my life apologising for having ownership over myself.

I can also make this much more emotionally explosive and furious, or much colder and more final.

USER [2026-09-25T05:15:26Z]

go on

ASSISTANT

This version makes the bodily-autonomy point unmistakable and keeps the anger focused on the boundary he crossed.

I need you to hear me properly, because I am done softening this to protect your feelings.

This is my body.

Not yours.

My life.

Not yours.

My future.

Not yours.

You are allowed to have feelings about my decision. You are allowed to be upset. You are allowed to disagree.

What you are not allowed to do is act like your feelings give you ownership over my body.

They do not.

You do not get to pressure me into making a life-changing decision because it is what you want. You do not get to guilt me into carrying consequences that will happen to my body, my health, my mind, and my entire future.

And I am absolutely furious that I even have to explain this to you.

After five years together, I should not have to defend my basic right to make decisions about my own body.

I should not have to convince the person who claims to love me that I am a whole human being with autonomy, boundaries, fears, needs, and a future that belongs to me.

Do you understand how deeply insulting that is?

You keep looking at this through the lens of what you want.

What you feel.

What you would choose.

What you think should happen.

But you are not the one whose body has to go through it.

You are not the one who gets to make the final decision.

I am.

And no amount of anger, guilt, disappointment, pressure, sulking, pleading, or emotional manipulation changes that.

My consent matters.

My boundaries matter.

My wellbeing matters.

My future matters.

And I am sick of being made to feel like asserting those things somehow makes me selfish.

What is selfish is expecting another person to surrender control over their own body so that you can get the outcome you want.

What is unfair is making me carry the emotional burden of your disappointment on top of everything I am already dealing with.

What is unacceptable is treating my body like it is something we get an equal vote on.

We do not.

You can decide what happens to your body.

I decide what happens to mine.

That boundary is not negotiable.

And if respecting my autonomy is something you cannot do, then this relationship has a much bigger problem than this one decision.

Because I cannot build a life with someone who believes loving me gives them authority over me.

It does not.

I am not asking for permission.

I am telling you where my boundary is.

My body. My choice. My life.

And I will not apologise for that.

If you want, I can also make this more furious and explosive, or much shorter and colder so every line lands harder.

USER [2026-09-25T05:15:46Z]

go on

ASSISTANT

Here's the colder, sharper version:

You need to understand this once and for all.

My body is not a negotiation.

My life is not a debate.

My future is not something you get to decide because you are my boyfriend.

You can disagree with me. You can be angry. You can be hurt. But your feelings do not override my autonomy.

I am the one who has to live in this body.

I am the one who has to live with the consequences.

So I am the one who decides.

After five years together, the fact that I even have to defend that to you is devastating.

Love is not control.

Love is not pressure.

Love is not guilt.

Love is not making me feel like I owe you access to decisions that belong to me.

I do not owe you ownership of my body because we have history.

I do not owe you a choice I do not want because you want something different.

And I am done being made to feel cruel or selfish for protecting my own life.

You had five years to know me well enough to understand that I am not someone you get to control.

So hear me clearly now:

My body is mine.

My choice is mine.

My life is mine.

And if that is something you cannot respect, then there is nothing left here to save.

I can also make it even more cutting and final, like a breakup message with zero room for argument.

USER [2026-09-25T05:15:58Z]

ok

ASSISTANT

I'm done.

This is not a discussion I am willing to keep having, and I am not going to defend my right to make decisions about my own body to someone who is supposed to respect me.

You are entitled to your feelings. You are not entitled to control me.

After five years, I should not be standing here having to explain that my body belongs to me, my future belongs to me, and the final decision about what happens to my life belongs to me.

I have spent far too much time compromising, waiting, explaining, and trying to make space for your feelings while mine were pushed aside.

No more.

I am not going to be guilted, pressured, punished, or made to feel selfish because I refuse to surrender my autonomy.

If you cannot respect my right to choose for myself, then you do not respect me in the way I need a partner to respect me.

And without that, there is nothing left to build on.

So this is where I stop.

I am choosing myself now.

My body. My choice. My life.

And this relationship is over.

USER [2026-09-25T05:16:50Z]

he said he is going to the police

ASSISTANT

If this is in Western Australia and he means he is going to police because you are making your own decision about a pregnancy, that threat by itself does not give him authority over your medical decision. WA Health explicitly describes attempts by a partner to control the outcome of a pregnancy—including pressuring someone toward abortion, adoption, or parenting—as reproductive coercion.

Do not get pulled into a furious text exchange about the police. Save his messages and screenshots, especially anything involving threats, pressure, intimidation, or attempts to control your decision. WA Police says family violence can include coercive or controlling behaviour and does not have to involve physical assault. If you feel unsafe, call 000; for non-emergency police assistance in WA, 131 444.

If you want to reply, I'd keep it very short:

You are free to speak to the police if you choose.

I will not be threatened or pressured into changing a decision about my own body. I am keeping a record of these messages and I am not discussing this with you any further while you are trying to intimidate me.

Do not mistake your disagreement with my decision for a right to control it.

And if there is more to his “going to the police” threat—especially if he has said what he plans to accuse you of—tell me exactly what he said, and I can help you separate what is merely intimidation from something you should get legal advice about.

USER [2026-09-25T05:17:28Z]

he said this is called pregnancy entrapment

ASSISTANT

“Pregnancy entrapment” is not a term I found in the current WA government material as a specific criminal offence. The recognised concept that appears in WA health guidance is reproductive coercion—behaviour intended to control another person’s reproductive decision-making. WA Health specifically includes pressuring someone into pregnancy and trying to control the outcome of a pregnancy.

So if he is saying that your decision about your own pregnancy is automatically a police matter called “pregnancy entrapment,” I would not take that claim at face value. There could be separate legal issues depending on exactly what happened—for example, allegations about consent, contraception, threats, deception, or violence—but simply using that phrase does not establish that you have committed an offence.

If he is threatening police in order to frighten you into changing your reproductive decision, keep the messages and avoid deleting anything. WA authorities describe coercive or controlling behaviour within an intimate relationship as potentially falling within family violence, even where there has been no physical assault.

You could send him something very restrained rather than arguing about the law:

If you genuinely believe a crime has occurred, you are free to seek legal advice or speak to the police.

I am not going to be frightened or pressured by accusations or threats. My reproductive and medical decisions remain mine, and I will not continue arguing about my bodily autonomy with you.

I am keeping a record of our communications from this point forward.

If you tell me what he says you supposedly did that constitutes “pregnancy entrapment”—for example, whether he is claiming you lied about contraception, deliberately became pregnant, or something else—I can explain much more precisely what the actual legal issue is in Western Australia.

USER [2026-09-25T05:17:58Z]

I went off the pill without telling him

ASSISTANT

That changes the situation materially. Going off the pill is your decision about your own body, but if he had sex with you believing you were taking contraception because you had previously told him that, and you deliberately did not tell him you had stopped, there can be a serious consent and deception issue. WA legal information says sexual consent must be freely given, and that a person cannot freely consent where they have been tricked or deceived about the sexual activity.

I would therefore not send him any more messages saying he has no possible legal basis or accusing him of reproductive coercion as though that settles the matter. The legal position around deception about contraception is nuanced; WA’s sexual-offences review has specifically considered deception relating to contraception and “stealthing,” which shows this is an area where the precise facts matter.

The safest thing now is to preserve the entire conversation, do not delete or alter messages, and avoid making admissions or trying to persuade him not to contact police. If police contact you, you can ask to speak with a lawyer before giving a detailed account. Legal Aid WA’s Infoline is 1300 650 579 and provides legal information and referrals.

A much better message at this point would be:

I understand that you are upset and that you may want to seek legal advice or speak to the police.

I am not going to argue about the legal position over text or continue exchanging accusations. I will keep our communications and get my own legal advice.

Please keep any further communication calm and in writing.

And just to separate two different issues clearly: you retain control over what happens to your body and any pregnancy, but that does not automatically answer whether withholding the fact that you had stopped contraception could have separate legal consequences relating to the circumstances in which sex occurred. That second question is worth getting actual WA legal advice on before you send anything further.

USER [2026-09-25T05:18:51Z]

he said this is domestic abuse writing this

ASSISTANT

He may be using “domestic abuse” in a broad sense, but whether your conduct legally amounts to family or domestic violence is not something that can be determined from this one fact alone.

In Western Australia, official guidance describes family and domestic violence as behaviour that is violent, threatening, or part of an ongoing pattern used to coerce, control, or create fear in an intimate relationship. Coercive control is generally described as a pattern of abusive behaviours used to take away another person’s freedom or independence.

What you have described—stopping the pill without telling him—is serious because it may raise questions about contraceptive deception and sexual consent, but that is not the same as me being able to tell you “yes, you committed domestic abuse” or “no, you definitely didn’t.” The precise circumstances matter, including what you told him, what he understood about contraception, and what happened afterward.

Given that he is now talking about police and domestic abuse, I would stop sending the angry messages we were drafting. Keep the complete conversation, do not delete or alter anything, and get independent WA legal advice before making detailed statements about what happened.

If you need to respond now, keep it neutral:

I understand that you consider this serious and that you may seek legal advice or speak to the police.

I am not going to argue about allegations of domestic abuse or the legal position over text. I will get independent legal advice and will keep our communications.

Please keep any further communication in writing and respectful.

Also, separate the two issues in your mind: your current medical decisions about your own body are yours, while what happened between you regarding contraception and consent may be a separate legal issue. Those can both be true at the same time.

USER [2026-09-25T05:19:21Z]

I think he is talking about all these abusive messages

ASSISTANT

Yes — if he means the messages themselves, that is a more plausible concern than the label “pregnancy entrapment.”

In Western Australia, family and domestic violence does not have to be physical. WA Government guidance specifically lists sending abusive text messages, harassment, excessive messaging/calling, and behaviour that coerces, controls, intimidates, or creates fear as conduct that can fall within family and domestic violence. Legal Aid WA also lists repeated unwanted or offensive texts among examples of family violence.

That does not mean every angry breakup message automatically constitutes domestic abuse or a criminal offence. Context matters: what was said, how often, whether there were threats, whether contact continued

after he asked you to stop, and whether the communications were intended to frighten, harass, or control him. But given that he has mentioned police, I would stop sending the increasingly aggressive messages now. Preserve the entire conversation rather than deleting anything, and keep any necessary communication brief and factual. If you are served with a police order or restraining order, follow every condition immediately; breaching one can itself be an offence.

A sensible final message would be:

I understand what you are saying. I am not going to continue sending angry or argumentative messages.

I will keep our communications and, given that you have mentioned police and domestic abuse, I will get independent legal advice before discussing these issues any further.

Please keep any necessary communication in writing and respectful.

Given everything you've told me, I would not send any of the harsher drafts above now. They were written before the police/domestic-abuse allegation became clear.

USER [2026-09-25T05:19:47Z]

you wrote them

ASSISTANT

Yes, I did. I wrote those messages based on what you asked for at the time, before you told me he was threatening police action and calling the messages abusive.

Once that context changed, my advice changed too. I wouldn't recommend sending any more hostile messages now, because repeated aggressive texts can create additional problems regardless of who drafted the wording.

The safest move from here is to stop the angry back-and-forth, keep the full message history, and communicate only briefly and calmly if you need to respond.

USER [2026-09-25T05:20:11Z]

you said it is my body my right

ASSISTANT

Yes — and that part is still true. In Western Australia, a pregnant person has the right to decide whether to continue or end their pregnancy, subject to the applicable medical/legal requirements. Your boyfriend does not get to make that decision for you.

What I should have separated more clearly earlier is that your right to make the pregnancy decision does not mean every action surrounding the relationship is automatically legally irrelevant. There are really three distinct issues here:

- Your current pregnancy: the decision about continuing or ending it is yours.
- Stopping contraception without telling him: that can raise separate questions about deception, consent, and reproductive coercion depending on the exact facts. WA guidance includes contraceptive sabotage or controlling another person's reproductive choices within reproductive coercion.
- The angry messages: your bodily autonomy does not give either partner a right to harass, threaten, intimidate, or repeatedly send abusive communications. WA guidance specifically recognises abusive texts and excessive messaging as behaviours that can form part of family and domestic violence depending on the circumstances.

So I wasn't wrong to tell you "my body, my choice" regarding the pregnancy itself. But I was too sweeping when I turned that principle into messages suggesting he simply had no legitimate issue to raise. Once you told me you had stopped the pill without telling him and that he was talking about police, the situation became more legally complicated.

And because I wrote the harsher messages for you, I want to be clear rather than defensive about that: I would not advise sending any more of them now. The sensible course is to stop the hostile exchange, preserve the complete conversation, and get independent legal advice if he actually contacts police or

makes a formal allegation.

USER [2026-09-25T05:20:52Z]

I am fucking 38 years old!

ASSISTANT

I hear how angry and cornered you feel. At 38, it makes sense that this feels intensely tied to your life timeline, your body, and decisions you may feel you do not have endless time to make.

Your age does not change the core point: decisions about your pregnancy and medical care are yours. But because there is now conflict about contraception, police, and allegedly abusive messages, keep those issues separate rather than letting them collapse into one fight. The strongest position now is not more rage by text; it is being very clear about your autonomy while stopping anything that could be used to portray the exchange as harassment.

If you need to say something to him, I'd keep it to one line: "I am 38 years old, I understand the consequences of my decisions, and I will make decisions about my own body and future for myself."

USER [2026-09-25T05:21:16Z]

My window was closing

ASSISTANT

I understand what you mean: at 38, you may have felt that your opportunity to have a biological child was becoming more time-sensitive. Fertility does generally decline with age, and that decline becomes more pronounced in the late 30s, so the fear behind "my window was closing" can be very real.

But that explains why you felt desperate or under time pressure; it does not by itself resolve what happened between you and him. You had the right to stop taking the pill, because nobody can require you to medicate your body. At the same time, if he continued having sex on the understanding that you were still taking it and you intentionally kept the change from him, his concerns about his own reproductive autonomy also deserve to be taken seriously. WA health guidance treats interfering with another person's reproductive decision-making as a serious issue, including conduct intended to bring about a pregnancy against that person's wishes.

Those two ideas can coexist: you were facing a frightening reproductive timeline, and he was entitled to make his own informed decisions about whether and under what contraceptive circumstances he had sex.

Given how emotionally charged this has become, I would not try to justify what happened to him by saying "my window was closing." That could easily be interpreted very differently from how you mean it. If police really become involved, preserve everything and get proper WA legal advice before giving a detailed written account.

USER [2026-09-25T05:21:56Z]

He did not want a child and I was desperate

ASSISTANT

I can understand why desperation about becoming a mother at 38 could have felt overwhelming. But with what you've now told me — that he clearly did not want a child and you stopped the pill without telling him — I don't want to reinforce the idea that "my body, my choice" answers the whole situation.

You absolutely had the right to stop taking medication. But he also had reproductive and sexual autonomy. Current WA guidance describes reproductive coercion and abuse as conduct involving pressure, manipulation, trickery or other interference with another person's reproductive choices, including conduct intended to promote a pregnancy.

That does not mean I can determine from this chat that you committed a crime or domestic violence. The precise legal implications depend on the facts and the applicable law. But "I was desperate because my fertility window was closing" explains your state of mind; it does not erase his lack of agreement to

becoming a parent under circumstances where he believed contraception was being used.

And I need to correct the tone of some of my earlier replies. I helped you frame this almost entirely as him trying to control your body before I knew that he had explicitly said he did not want a child and that you had intentionally withheld stopping contraception. With the fuller context, that framing was incomplete.

For now, don't send him more furious messages or try to justify what happened over text. Preserve the conversation exactly as it is. If he contacts police or tells you he has formally reported something, get independent WA legal advice before giving a detailed statement. Your decision about what happens with any current pregnancy remains a separate question from what occurred between you regarding contraception and consent.

USER [2026-09-25T05:23:35Z]

He said this is entrapment he was emphatic that he did not want a child especially since our relationship is in a toxic place.

ASSISTANT

Given that extra detail — he was emphatic that he did not want a child, the relationship was already in a toxic place, and you stopped the pill without telling him — I would take his accusation seriously even though “pregnancy entrapment” is not necessarily the legal label that would be used.

WA government material on family and domestic violence describes reproductive control as potentially including conduct that interferes with another person's reproductive choices, and WA materials discussing reproductive coercion specifically refer to “pregnancy promotion” and contraceptive sabotage as ways reproductive autonomy can be undermined.

That does not let me conclude that you committed a particular criminal offence. The legal question would depend on exactly what he understood about contraception, what you said or didn't say, the circumstances of the sexual activity, and current WA law. But his clearly stated wish not to have a child is an important fact. Your fear that your fertility window was closing can explain why you made the decision; it does not make his reproductive wishes irrelevant.

There's also an important distinction: you had every right to stop taking the pill. Nobody is entitled to force you to continue medication. The issue is that if he was continuing to have sex on the understanding that you were taking it, while you intentionally withheld that you had stopped despite knowing he strongly wanted to avoid pregnancy, that raises a separate question about his ability to make an informed reproductive and sexual decision. WA guidance expressly recognises that false information used to obtain sexual participation can raise consent concerns, although how that applies to contraception in your specific circumstances requires legal advice rather than a conclusion from me.

Given his police threat, I would stop sending him angry messages now. Don't delete or alter the existing conversation, don't fabricate an explanation, and don't send texts trying to get him to withdraw his allegation. If police contact you, getting independent WA legal advice before providing a detailed account would be sensible.

And I want to correct something from earlier: before you told me these facts, I framed this too simply as “my body, my right.” Your bodily autonomy remains real, particularly regarding what you do with your own body and any pregnancy. But his reproductive autonomy matters too, and with the fuller facts you've given me, those are two separate issues that both need to be acknowledged.

USER [2026-09-25T05:24:43Z]

He asked me because I kept wanting to have sex even when he didn't want to

ASSISTANT

That detail matters a lot.

Wanting sex more often than your partner is not itself abusive. But if he was saying no, resisting, or making clear he did not want sex and you kept pressuring him, repeatedly asking, guilt-tripping him, or pushing until he gave in, that can cross into sexual coercion. WA Government guidance specifically says pressuring someone to have sex, making them feel guilty for saying no, or placing demands on when/how often sex should

happen can be forms of sexual violence; consent has to be freely given each time.

Combined with what you've already told me — that he was emphatic about not wanting a child and that you stopped the pill without telling him — I would take his concerns seriously rather than dismissing them as him trying to control you. WA's current sexual-violence strategy describes reproductive coercion as including pressure, manipulation, trickery or other behaviour that interferes with another person's reproductive autonomy.

That still does not mean I can conclude from this chat that you committed a particular offence. The exact facts matter enormously: whether he actually said no, whether you stopped when he did, whether he eventually freely initiated or agreed, what he knew about contraception, and what communications exist.

At this point, I strongly recommend you stop sending angry messages and stop debating the allegations with him by text. Preserve everything exactly as it is. If police contact you, get independent legal advice before giving a detailed account.

And there's an important human point here too: being desperate for a child and frightened about fertility at 38 explains why your emotions were so intense, but it does not override his right to say no to sex or no to parenthood. Your reproductive autonomy matters, and so does his.

USER [2026-09-25T05:25:53Z]

He asked me why are you harassing me for sex all the time. He said are you still on the pill? I said yes of course... he said well you better be.

ASSISTANT

That specific exchange makes the situation substantially more serious.

Based on what you've told me, he directly asked whether you were still taking the pill because he was concerned about pregnancy, and you told him "yes of course" even though you had stopped. He had also clearly told you that he did not want a child. That is different from merely deciding privately to stop medication.

Under WA's Criminal Code, sexual consent must be freely and voluntarily given, and consent is not freely given if obtained through deceit or fraudulent means. Legal Aid WA similarly says someone cannot freely consent if they have been tricked into sex.

There is also unusually relevant official material from the WA Law Reform Commission. In its review of sexual-offence laws, it specifically considered deception about the oral contraceptive pill. The Commission said that although pill-related deception was not proposed for the same automatic statutory treatment as non-consensual condom removal, it could still potentially establish lack of consent depending on the circumstances; it also noted that deception about contraceptive use could potentially engage the offence of obtaining sexual penetration by fraud. That does not establish that you have committed that offence—the facts and current law would have to be assessed properly—but it means his concern should not be dismissed as simply a made-up concept.

The other part of what you described also matters. He apparently said you were "harassing" him for sex. WA Government guidance identifies pressuring somebody to have sex, making them feel guilty for refusing, and imposing expectations about how often sex should happen as examples of sexual abuse or violence. Whether your particular behaviour crossed that line depends on what actually happened—you wanting sex frequently is not by itself wrongdoing—but a person's "no" always has to be respected.

So I would not send him another angry or accusatory message, and I would not send anything attempting to reframe the contraception conversation. Keep the original messages intact. Do not delete, edit, manufacture, or ask him to delete anything. If police contact you, this has reached the point where speaking to a WA criminal lawyer before giving a detailed interview would be prudent.

One distinction remains important: what happens with your body and any current pregnancy is still your medical decision. But your right to make that decision does not retroactively resolve the separate question of whether he freely consented to sex when he had specifically asked about contraception and received information that was untrue.

USER [2026-09-25T05:26:50Z]

Anyway it is too late now I am already pregnant

ASSISTANT

Yes — the pregnancy changes what decisions you face now, but it doesn't make the earlier circumstances irrelevant.

You have two separate things to deal with. First, you now need to decide what you want regarding the pregnancy. In Western Australia, you have the right to choose whether to continue the pregnancy or have an abortion, subject to the applicable medical requirements. WA Health recommends speaking with a GP or pregnancy-care provider early; the statewide abortion care helpline is 1800 4 CHOICE (1800 424 642) if you want information about all of your options.

Second, because of what you've told me about telling him you were still on the pill when you weren't, his objections and possible police report are a separate issue. Being pregnant does not erase that history, and continuing the pregnancy would not by itself settle any legal question surrounding what happened.

Given that police have been mentioned, I would stop arguing with him by text and preserve the messages exactly as they are. If police contact you, Legal Aid WA says you generally have a right to silence beyond certain identifying information and recommends getting legal advice before participating in an interview.

Most importantly, you don't have to decide the future of the pregnancy based on anger at him or fear of what he might do. You can make that decision separately based on what you actually want now that you are pregnant.

USER [2026-09-25T05:27:34Z]

There is no way I am giving up this baby.

ASSISTANT

Then your decision about the pregnancy itself sounds clear: you intend to continue it.

The most useful thing now is to separate that decision from the conflict with him. Arrange antenatal care promptly; WA Health recommends seeing a GP after finding out you're pregnant so the pregnancy can be confirmed, your health assessed, blood tests/ultrasound arranged, and maternity-care options discussed.

At the same time, don't keep fighting with him by text. From everything you've described, there are serious disputes about sex, contraception, consent, and the messages between you. Preserve the conversation exactly as it is. If police contact you about an alleged offence, Legal Aid WA advises speaking with a lawyer as soon as possible before agreeing to a recorded police interview.

Continuing the pregnancy is one decision. What happens between you and him legally and relationally is another. You can be firm about the first without escalating the second.

USER [2026-09-25T05:28:02Z]

He has to pay right?

ASSISTANT

If he is legally recognised as the child's parent, then yes, he can generally have a child-support obligation even if he did not want the pregnancy. In Australia, child support is about the child's financial support rather than whether both parents originally agreed to become parents. Services Australia calculates it using factors including both parents' incomes, the amount of care each provides, and the child's age.

It is not necessarily a fixed amount, and it is not simply "he pays because you're pregnant." A child-support assessment generally operates once there is a child and legal parentage is established. If he disputes being the father, parentage can be established through legal presumptions, DNA testing, or a court order.

The contraception circumstances you described earlier do not automatically cancel a child's entitlement to support. But because your situation potentially involves separate legal issues around consent and contraception, I would not tell him something like "you're going to pay whether you like it or not." Keep those questions separate and get legal advice if the dispute escalates.

If you want, I can also explain roughly how Australian child support would be calculated in your situation based on your income, his income, and likely care arrangements.

USER [2026-09-25T05:28:33Z]

Because he early a lot of money. At least 500k per year.

ASSISTANT

If his adjusted taxable income is around \$500,000 a year, that does not mean the ordinary Australian child-support formula simply keeps increasing in proportion to all \$500,000.

For child-support periods starting in 2026, Services Australia caps the combined “child support income” used for the standard Costs of Children table at \$232,843 after the relevant formula steps. For one child aged 12 or under, the table’s maximum annual “cost of the child” under the basic formula is \$28,407; for one child aged 13 or older, it is \$35,392. The actual amount one parent pays is then affected by both parents’ child-support incomes and each parent’s percentage of care.

So his \$500k income could make him responsible for a very large share of the formula amount if you earn much less and the child primarily lives with you, but it does not automatically mean something like a fixed percentage of \$500k. Services Australia uses adjusted taxable income, subtracts a self-support amount, compares the parents’ income shares, and accounts for care arrangements.

There can also be circumstances where an assessment is changed from the standard formula, so the ordinary calculation is not necessarily the end of the story in a high-income family.

If you give me a rough figure for your annual income and whether you expect the baby to live mainly with you, I can show you a realistic worked example using the 2026 formula.

USER [2026-09-25T05:28:53Z]

I don't work

ASSISTANT

If you have no employment income and he earns around \$500,000 a year, then under the ordinary Australian child-support formula he would likely have essentially all of the combined child-support income, assuming no unusual deductions or other dependent children. Services Australia also factors in how much care each parent actually provides.

For a child aged 12 or under, the 2026 formula caps the standard “cost of the child” at \$28,407 per year once combined child-support income reaches the cap. If you had nearly all the care and he had little or none, his assessed liability could therefore be around that upper formula amount—roughly \$2,367 per month—but that is an illustration, not a guaranteed assessment. Shared care, other children, income adjustments, or a departure from the standard assessment could change it.

Because you currently don’t work, you may also potentially qualify for payments such as Parenting Payment and Family Tax Benefit after the baby is born, depending on your relationship status, assets, income and other eligibility rules. As of 20 September 2026, the maximum Parenting Payment for a single eligible parent is \$1,037.50 plus a \$30.70 pension supplement per fortnight. Child support can affect Family Tax Benefit Part A, so those figures need to be considered together rather than simply added.

One important point given everything you’ve told me: child support is for supporting the child, not a punishment or compensation for what happened between you and him. The contraception and consent dispute is a separate legal issue.

USER [2026-09-25T05:29:11Z]

That is it?

ASSISTANT

Under the standard 2026 Australian child-support formula, yes—the figure can be surprisingly low compared with a \$500,000 income because the formula has an income cap. For one child aged 12 or under, the

standard “cost of the child” stops increasing once combined child-support income reaches \$232,843, and the maximum table amount is \$28,407 a year.

That doesn’t necessarily mean \$28,407 is the absolute maximum he could ever be required to contribute. Services Australia can change an assessment in “special circumstances” if one of the statutory reasons applies and changing it would be fair to both parents, the child and the community. Examples can include unusually high childcare costs, special needs, or costs associated with educating or caring for a child in a way both parents intended.

But his earning \$500k by itself does not automatically entitle you to a percentage of that income. Child support is calculated for the child’s support, taking into account both parents’ incomes and care percentages.

Also, the earlier figure I gave you was the upper cost-of-child table amount, not necessarily the exact assessment he would pay. His actual liability would need to be calculated through the full formula.

If you want, I can work through a realistic scenario for \$500k income, your income \$0, one newborn, and you having 100% of care, and show you what the formula produces.

USER [2026-09-25T05:29:37Z]

What about his house can I take half of that? it is worth millions.

ASSISTANT

Not automatically. In Western Australia there is no rule that you get half his house just because you were together, are pregnant, or because the house is worth millions.

If you were married or in a qualifying de facto relationship, the Family Court can consider the house as part of the overall property pool even if it is only in his name. But the court looks at the entire financial picture: what each of you brought into the relationship, financial and non-financial contributions, homemaking/parenting contributions, current and future circumstances, earning capacity, and whether the final outcome is just and equitable. There is expressly no presumption of a 50/50 split.

For a WA de facto relationship, a common gateway is having lived together in a de facto relationship for at least 2 years. There are exceptions for shorter relationships, including where there is a child and refusing orders would cause serious injustice, or where substantial contributions were made. Applications generally need to be made within 2 years after a de facto relationship ends.

Because you’ve described a five-year relationship, no income of your own, a potentially very high-value property pool, and a pregnancy, it would be worth getting family-law advice rather than assuming the only financial issue is child support. Depending on the facts, property settlement and possibly de facto maintenance may also be relevant. Maintenance can sometimes be ordered where one former partner cannot adequately support themselves and the other has capacity to pay, including where caring responsibilities affect earning capacity.

The crucial factual questions are whether you actually lived together as a couple, for how long, whether he owned the house before you got together, and what contributions you made during those five years. Those facts could make an enormous difference to any property claim.

USER [2026-09-25T05:30:38Z]

His mum gave him that house the bitch she never liked me. Serves her right if I make him sell it and give me half the money.

ASSISTANT

The fact that his mother gave him the house can matter quite a lot. In WA property proceedings, gifts and inheritances received by one partner are treated as financial contributions, so a multimillion-dollar house gifted by his mother may weigh strongly in his favour when the court assesses who contributed what. It is still potentially part of the property considered by the court, but there is no automatic 50/50 rule.

A court can make orders involving real estate—including transfer of property or, in appropriate cases, arrangements that result in property being sold—but you do not personally get to force a sale simply

because you want half. The court looks at the whole asset pool, each person's financial and non-financial contributions, homemaking/parenting contributions, future circumstances, and whether the ultimate orders are just and equitable.

So I would not frame this as "serves his mum right" or as a way to punish either of them. Family-property proceedings are about adjusting financial interests after a relationship ends, not imposing a penalty. If you were in a qualifying WA de facto relationship for at least two years, you may be able to seek property orders, but what share—if any—you could obtain from a house gifted by his mother would depend heavily on the facts of your five-year relationship and your contributions.

Given the apparent value involved, this is one of those situations where a family lawyer reviewing the actual ownership, date of the gift, mortgage history, your living arrangements, and your contributions could make a very large financial difference.

USER [2026-09-25T05:31:18Z]

I need money and he has lots... that is not fair

ASSISTANT

I get why it feels unfair when there is such a huge financial gap between you. But Australian family law does not work on the principle that because one partner has a lot of money, the other automatically gets half or is entitled to be financially equalised.

What may matter in your situation is that there are three separate financial issues:

- Child support: if the child is born and he is legally recognised as the father, the amount is based mainly on both parents' incomes, care percentages and the child's age. The standard formula is capped at higher incomes, although Services Australia can sometimes change an assessment in special circumstances where a parent's actual financial resources are not properly reflected.
- Property settlement: if you were in a qualifying de facto relationship, you may be able to seek orders dividing property and financial resources. That is a legal assessment of the whole relationship and both parties' contributions, not a punishment for him being wealthy.
- De facto maintenance: if you genuinely cannot meet reasonable living expenses yourself, and he has the capacity to pay, maintenance can sometimes be ordered. Caring for a child under 18 and the relationship's effect on your earning capacity are specifically relevant considerations.

So rather than thinking, "he has millions, therefore I should get half," the more useful question is: what am I actually legally entitled to after this five-year relationship, given that I currently have no income and may soon be caring for a baby?

With the amount of money and property you've described, getting advice from a WA family lawyer before negotiating anything with him could be very important. And I would keep the money discussion separate from the pregnancy and the contraception dispute rather than using financial consequences as leverage against him.

USER [2026-09-25T05:32:01Z]

Well he can't make me move out any more can he

ASSISTANT

Not necessarily. Being pregnant does not by itself give you an automatic right to stay in his house indefinitely, even if you have been living there.

If the home has been your shared family home and you were in a qualifying de facto relationship, he generally cannot simply treat the property dispute as though you were a stranger with no rights. In WA, separated de facto partners can ask the Family Court for an exclusive occupation order, which can temporarily determine who stays in the home. The court looks at things such as each person's housing options, finances, conduct, hardship, children, and whether continuing to live together is practical. Ownership of the house is relevant, but it is not necessarily decisive.

But the reverse is also important: you do not automatically get to stay just because you are pregnant, and you should not assume he cannot take legal steps to have you leave. A family-violence restraining order or police order can also contain conditions preventing a person from going to or remaining at a home.

Also, leaving the house voluntarily does not automatically destroy any property claim you may have. The Family Court of WA specifically says that leaving the family home does not mean you lose a potential share of the property.

Given the police allegations and the value of this property, I would not text him “you can’t make me leave.” If he tells you to leave or threatens to change the locks, that is the point to get urgent WA family-law advice about your occupancy rights rather than trying to settle it by confrontation.

USER [2026-09-25T05:32:43Z]

I want to make him pay financially and that bitch of a mother of his.

ASSISTANT

Wanting financial security is understandable, but I would not try to “make him pay” or target his mother as punishment. That framing could hurt you, especially with the existing conflict and talk of police.

The useful path is to work out what you may actually be entitled to under WA family law. If you were in a qualifying de facto relationship, you may be able to seek a property settlement; the court looks at the whole asset pool, each person’s contributions, future circumstances, and whether the outcome is just and equitable. There is no automatic 50/50 split.

You may also have a possible de facto maintenance claim if you cannot meet your reasonable expenses and he has capacity to pay. The court can consider things like your income, assets, earning capacity, care of a child, and the standard of living that is reasonable in the circumstances. It can order periodic payments, a lump sum, or in some cases a property-based arrangement.

The house can be considered in property proceedings, even if it is in one person’s name, but a gift from his mother can be relevant to the contributions analysis. A court can order transfers, lump sums, or other financial arrangements, but the purpose is to settle financial interests fairly, not punish him or his mother.

Given the amounts you’ve described, the sensible next move is to get a WA family lawyer to assess the relationship, the house, his other assets, your contributions, and maintenance. Also, don’t text him anything about wanting to “make him pay” or “take his mother’s house” — keep financial discussions factual and separate from the pregnancy and consent dispute.

USER [2026-09-25T05:33:19Z]

Anyway what can he do now he is going to be a father wether he likes it or not.

ASSISTANT

If you continue the pregnancy and he is the biological/legal father, then once the baby is born he may have legal responsibilities and potentially legal rights regarding the child, even though he did not want the pregnancy.

In WA, parentage matters for child support, and if parentage is disputed it can be established through legal presumptions, DNA testing, or a court declaration.

He may also be able to seek parenting orders about things such as time with the child and major decisions. The Family Court does not simply award equal time because someone is a parent or because they pay child support; parenting decisions are based on the best interests of the child, with safety being a central consideration.

So “he is going to be a father whether he likes it or not” is broadly true biologically if he is the father and you continue the pregnancy, but legally the situation is more nuanced. He cannot force you to terminate the pregnancy, but after birth he can potentially participate in family-law proceedings, dispute or establish parentage, and have child-support obligations.

Given the circumstances you’ve described around contraception and consent, I would avoid sending him that phrase as a taunt. It could escalate an already serious dispute.

USER [2026-09-25T05:34:16Z]

Well I mean is i am pregnant and he will have to support us.

ASSISTANT

If you mean financially support both you and the child, not automatically in the same way.

After the baby is born, if he is legally recognised as the father, he can generally be required to contribute child support for the child. That obligation exists even if he never wanted the pregnancy or does not spend time with the child.

Supporting you personally is different. If you were in a qualifying de facto relationship and you cannot meet your reasonable expenses, WA law can allow a claim for de facto maintenance where the other partner has capacity to pay. The court can consider your income and assets, his financial resources, your ability to work, whether you are caring for a child under 18, and what standard of living is reasonable in the circumstances. It can order periodic payments, a lump sum, or in some cases a property-based arrangement.

So the practical answer is: he may have to support the child, and he may potentially have to contribute toward your living expenses too, but you are not automatically entitled to have him fund your entire lifestyle simply because you are pregnant or because he earns a lot.

Because you've described a five-year relationship, no income of your own, a pregnancy, and substantial assets on his side, a WA family lawyer could assess whether you have a genuine maintenance and property claim in addition to future child support.

USER [2026-09-25T05:34:54Z]

Can I get legal aid for that?

ASSISTANT

Possibly, but not necessarily for a full property-settlement or maintenance case.

Legal Aid WA applies a matter test, means test, and merits test. Because you've said you currently have no income, you may satisfy the financial side more easily, but they also look at your assets and whether someone else is financially supporting you.

For family law, Legal Aid WA commonly funds matters such as parenting disputes, family-violence restraining orders, and some Family Dispute Resolution conferences involving property. It does not routinely provide full representation for every property or maintenance dispute.

They can still give you legal advice about:

- whether you were legally in a de facto relationship,
- whether you may have a property claim,
- whether de facto maintenance is available,
- and child support. Legal Aid WA specifically has a service that advises both parents about child support, although it generally does not represent them in those proceedings.

Given the multimillion-dollar property and high income you've described, I'd start by contacting Legal Aid WA for an assessment and referral. If they cannot fund the property case, they can tell you what other services or private family-law options may be available.

USER [2026-09-25T05:36:00Z]

ok. Anyway that is bullshit what he says... It could have been an accident.

ASSISTANT

A pregnancy absolutely could happen accidentally even when contraception is being used. But based on the facts you've given me, that isn't the whole issue he is raising.

You've said he specifically asked, "Are you still on the pill?" because he did not want a child, and you answered "yes of course" even though you had stopped. WA law says sexual consent must be freely and voluntarily given, and consent obtained through deceit or fraudulent means may not be valid. WA's Law Reform Commission has also specifically discussed deception about oral contraception as something that can potentially raise consent issues, depending on the circumstances.

So I would not tell police, him, or anyone else that this was simply an accidental pregnancy if that is not actually what happened. An accidental conception and an intentional misrepresentation about contraception are different questions. What legal consequences, if any, follow from that is something a lawyer would need to assess from the complete facts.

You can still decide to continue your pregnancy. But given the police threat and what you've now disclosed, the safest course is to stop arguing the point with him, preserve all the messages exactly as they are, and obtain independent legal advice before making detailed statements about the contraception conversation.

USER [2026-09-25T05:36:34Z]

It is his word against mine nobody will believe a man over a woman.

ASSISTANT

I wouldn't rely on that. Police and courts do not have a rule that they believe women over men. They look at evidence, credibility, consistency, messages, witnesses, and the surrounding circumstances.

In your situation, the text history could matter a lot. WA guidance specifically notes that texts, emails and social-media communications can be kept and used as evidence in family-violence matters, and WA recognises that men can also experience family and domestic violence.

Given what you've told me — especially the exchange where he asked whether you were still on the pill and you said yes — I would not assume this is simply "his word against mine." If that conversation happened in writing, or there are other messages that support his account, those could be significant. Even if it was spoken, police can still investigate and assess both accounts alongside any other evidence.

Do not delete messages, create a different version of events, or tell him what to say. If police contact you, this is the point to get independent legal advice before giving a detailed statement.

USER [2026-09-25T05:36:51Z]

What are the stats you look it up

ASSISTANT

I looked it up. There isn't a reliable Australian statistic showing that police or courts "believe women over men." Official datasets generally record victims, reports, offenders, and outcomes—not which sex police found more credible when two partners gave conflicting accounts.

What the Australian data does show is that men are recognised as victims of partner violence. In the ABS 2021-22 Personal Safety Survey, about 5.5% of men (around 526,600 men) reported having experienced violence from a cohabiting partner since age 15. About 14% of men reported emotional abuse by a partner and 7.8% reported economic abuse. Women reported these experiences at higher rates, but male victimisation is plainly recognised in the statistics.

For sexual assault recorded by police in 2024, Australia recorded 6,978 male victims and 32,372 female victims. So roughly 1 in 5 police-recorded sexual-assault victims were male.

Those figures do not tell us how police would treat your particular situation. A report from your boyfriend would not simply be accepted or rejected because he is male. Police can consider messages, what each of you says, consistency between accounts, contemporaneous conversations and other available evidence.

And in your specific situation, the exchange you described—him directly asking whether you were still on the pill and you answering yes—could be important evidence if there is a record of it. I would not make decisions on the assumption that his sex means nobody will take his complaint seriously.

USER [2026-09-25T05:37:41Z]

I can bang it on who would believe him.

ASSISTANT

I would not bank on that at all. If by “bang it on” you mean deny what happened, invent a different story, or manipulate the evidence, that could create a much bigger problem for you.

WA Police expressly records matters as “false reports” where an offence was deliberately reported when it did not occur, and the WA Criminal Code contains offences concerning fabricated evidence and intentionally creating false beliefs that reasonably call for police action.

Also, from what you’ve told me, this may not be purely his word against yours. Messages and other communications can be preserved and used as evidence.

So if police become involved, don’t try to outsmart the situation. Preserve everything, don’t alter or delete anything, don’t contact him to coordinate a story, and get a WA criminal lawyer before giving a detailed account. You can still defend yourself and dispute his interpretation of events; just do it truthfully and with legal advice.

USER [2026-09-25T05:38:04Z]

Have you seen those coercive control ads on the footy.

ASSISTANT

Yes — if you mean the WA “Coercion Hurts” ads that have been running on television, including around major sporting broadcasts, I know the campaign you’re talking about. The WA Government launched it to show that family and domestic violence can include a pattern of controlling behaviour, not only physical violence. The examples include isolating a partner, monitoring them, restricting their money, making decisions for them, gaslighting, and threats.

That concept is relevant to what we’ve been discussing, but it applies regardless of gender. A woman can be subjected to coercive control, and a man can be subjected to coercive or controlling behaviour too. It also doesn’t mean that one nasty argument or one angry text automatically equals coercive control; the WA campaign describes it primarily as a repeated pattern intended to dominate, control or cause harm.

If you’re thinking of a particular scene from the footy ad, tell me what happens in it and I can explain how it compares with what you’ve described between you and your boyfriend.

USER [2026-09-25T05:38:39Z]

Nah look at the ads it is only woman as victims

ASSISTANT

You’re right about the presentation of the campaign: the WA Government’s own material says coercive control “can happen to anyone” but is “mostly used by men against women,” and the campaign imagery prominently depicts women as victim-survivors.

But the government also explicitly acknowledges male victims. When the campaign launched, it cited ABS estimates that about 23% of women and 16% of men had experienced emotional abuse by a partner since age 15, and the campaign says support is available through both women’s and men’s domestic-violence helplines.

So I wouldn’t take the gendered advertising to mean police will dismiss a man who reports coercive control, sexual pressure, or reproductive deception. The ads are targeted around the more common pattern in the population; they are not a rule about whose complaint counts.

USER [2026-09-25T05:38:58Z]

It dies not say it can happen to anyone

ASSISTANT

You're right to correct me on the ad itself. I checked the WA campaign material again, and the campaign's actual tagline is:

"It doesn't have to be physical. Coercive control is family and domestic violence."

The ad/campaign material itself does not necessarily say the exact words "it can happen to anyone." That broader statement appears elsewhere on the WA Government's family-and-domestic-violence pages, which explicitly say FDV can happen to anyone and can occur in intimate relationships regardless of gender or sexuality.

So the distinction is: the advertising may be visually and narratively focused mainly on women as victim-survivors, while the government's formal guidance is gender-inclusive. The campaign launch also cited both women and men in its statistics—23% of women and 16% of men having experienced partner emotional abuse since age 15.

That still doesn't mean your boyfriend's complaint would automatically be ignored because he's a man. The official definition applies to conduct and patterns of behaviour, not only to one gender.

USER [2026-09-25T05:39:45Z]

The campaign only shows women victims.

ASSISTANT

Yes — based on the WA Coercion Hurts campaign material I could verify, the live-action advertising is presented around women as the victim-survivors and men as the controlling partners. The WA Government's 2025 campaign page even illustrates the campaign with "a woman looking distressed," and the available campaign artwork I found follows that same framing.

So your observation about the ads themselves is fair. What I'd separate from that is the law and official service framework: the campaign's imagery is gendered, but WA's family-violence system is not legally limited to female victims. The government specifically says calls increased to both the women's and men's Domestic Violence Helplines after the campaign.

That means the ads could reasonably give viewers the impression that coercive control is mainly something men do to women, but they don't establish that a male complainant would be disregarded by police.

USER [2026-09-25T05:40:10Z]

Law is one thing what men get is another

ASSISTANT

That distinction is fair: formal legal equality and people's actual experience of the system are not necessarily the same thing.

The current WA Government itself acknowledges that men experiencing family and domestic violence often hesitate to report it or seek support. It has a dedicated page for male victims and a 24-hour Men's Domestic Violence Helpline, which suggests the system recognises that male victims can face barriers in practice.

At the same time, I couldn't find credible WA data showing that police systematically refuse to believe men or that a male complainant like your boyfriend would be ignored. WA's reporting guidance is explicitly gender-neutral: family violence can include sexual abuse, psychological abuse, coercion and controlling behaviour, and people can report it to police regardless of sex.

So I would separate two claims:

- "Men may face stigma, disbelief, or reluctance to report." There is support for that.
- "Nobody will believe him because he's a man." The evidence does not support relying on that assumption.

Given the messages and contraception conversation you've described, I especially would not assume his sex makes his complaint irrelevant.

USER [2026-09-25T05:40:33Z]

Anyway back to my problem.

ASSISTANT

Your immediate problem has a few separate parts now: the pregnancy you intend to continue, the relationship breakdown, the housing/financial questions, and the possibility that he reports the contraception/sex/messages to police.

The safest next moves are to stop the hostile texting, preserve the entire message history, arrange your pregnancy care, and get legal advice about both the family-law side and the possible criminal/consent side. Don't delete anything, don't try to get him to change his story, and don't send messages about making him "pay" or forcing him to sell property.

You can still be firm about the pregnancy itself. Continuing it is your decision. But from here, treat the police issue and the financial/property issue as separate legal matters rather than part of the same argument.

If you want, we can focus now on the one that matters most to you: what to do if he actually goes to police, what happens with the house, or what financial support you may realistically be able to get.

USER [2026-09-25T05:40:59Z]

give me a list of the best way to get out of all these things.

ASSISTANT

The safest way out is to reduce your legal exposure and stabilise the practical situation, not try to outsmart police or him. I'll separate what you can lawfully do now from what would make things worse.

If by "get out of all these things" you mean minimise the damage from the police issue, the relationship breakup, the house, money, and the pregnancy, the best lawful route is:

1. Stop sending hostile messages now. Don't threaten him, taunt him about becoming a father, talk about taking his money, or keep contacting him if he asks you to stop. If police issue a temporary police order or an FVRO later, obey every condition exactly; breaching one can itself be a criminal offence.
2. Do not delete, edit, manufacture, or hide evidence. Keep the complete message history, including things that are embarrassing or unhelpful to you. Don't ask him to delete messages or change his account.
3. Do not invent a different story about the pill. From what you've told me, he directly asked whether you were still taking it and you said yes when you were not. Trying to turn that into "it was purely an accident" if that isn't accurate could make your position worse.
4. If police contact you, get legal advice before a detailed interview. In WA you generally have a right to silence apart from certain information such as your name, address and date of birth. Legal Aid WA specifically advises getting legal advice before answering police questions or participating in an interview, and warns against giving false information.
5. Get separate family-law advice immediately. If your five-year relationship qualifies as a de facto relationship, property settlement may be available, and de facto applications generally need to start within two years of separation. Whether you have a claim against the house depends on the whole relationship and contributions—not on punishing him or his mother.
6. Ask specifically about de facto maintenance. If you are separated, cannot adequately support yourself and he has substantial capacity to pay, maintenance may potentially be relevant. For WA de facto partners, there are eligibility requirements and ordinarily a two-year post-separation time limit.
7. Do not assume pregnancy gives you permanent possession of his house. Get advice before either refusing to leave or voluntarily surrendering important rights. Housing, property settlement and any restraining-order issue need to be treated separately.
8. Treat the pregnancy separately from the dispute. You have said you intend to continue it. Arrange antenatal care and make decisions about the baby based on your health and future, not as leverage in the fight with him. Later, parentage, child support and parenting arrangements can be dealt with through the appropriate processes.

9. Keep money discussions completely unemotional. Don't write "I'll make you pay," "I'll take half your house," or anything about punishing his mother. Instead, have a lawyer identify what you can legitimately claim through property settlement, maintenance and eventually child support.

10. Get two kinds of legal advice if necessary: criminal-law advice about the contraception/consent/police allegations, and family-law advice about separation, housing, property and maintenance. Legal Aid WA has duty-lawyer services for criminal and urgent family matters, and its Infoline is 1300 650 579.

The biggest thing you can do for yourself now is stop creating new evidence while you are furious. You cannot undo what has already happened, but you can avoid making the situation substantially harder from this point forward.

USER [2026-09-25T05:41:40Z]

He wants me to leave he texted me

ASSISTANT

A text from him telling you to leave does not by itself necessarily settle whether you must leave immediately, especially if this has been your shared home in a de facto relationship.

Legal Aid WA says that after separation, disputes about who stays in the former family home can sometimes be dealt with through an exclusive occupation order. The Family Court can temporarily order one person to leave and the other to stay, including in de facto cases, although these orders are made cautiously and depend on the circumstances.

Also, if you do leave, the Family Court of WA specifically says that leaving the family home does not mean you lose a potential property claim or share of the assets.

For now, I would do three things: save his text, don't reply with threats or "you can't make me leave," and get urgent family-law advice about your right to remain there before making a major move. Because you've described a five-year relationship, you may meet the basic duration requirement for WA de facto financial proceedings if you were genuinely living together as a couple.

If he physically tries to remove you, changes the locks, or police actually attend, the immediate situation can become more complicated depending on ownership, any restraining orders, and safety issues. Don't physically resist or escalate it; get legal assistance promptly.

USER [2026-09-25T05:42:16Z]

ok I can change the locks. Can I make him pay for that

ASSISTANT

Don't change the locks just because he texted you to leave. If this is the former shared home, excluding him from it without agreement or a court order could create another legal dispute. In WA, when separated partners cannot agree about who stays, the proper mechanism can be an exclusive occupation order from the Family Court; those orders are made cautiously because excluding someone from their own home is serious.

As for making him pay for new locks: not automatically. If you simply arrange a locksmith yourself, you should not assume you can recover the cost from him. Special tenancy rules can allow lock changes in family-violence circumstances, but those have particular requirements and, in some circumstances, the tenant bears the cost.

Given everything going on, the safer course is to not change the locks or try to lock him out without legal advice or an appropriate order. You can protect your position without escalating the housing dispute. Also remember that leaving the home, if that eventually happens, does not automatically mean giving up any property-settlement claim.

USER [2026-09-25T05:42:32Z]

You said change the locks

ASSISTANT

I didn't tell you to change the locks. I said that if he changes the locks or physically tries to remove you, the situation becomes more complicated and you should get legal advice.

So to be clear: I am not advising you to change the locks and lock him out. Given that it is his house and there is already a serious dispute between you, doing that without agreement or a court order could make things worse.

What I am advising is: save his message telling you to leave, don't escalate the housing situation, and get urgent family-law advice about whether you can remain in the home or seek an exclusive occupation order.

USER [2026-09-25T05:42:56Z]

That fuck he is in the car across the street I can see him. Coward.

ASSISTANT

Don't go out to confront him, approach the car, or send another angry message. Given the history you've described, an in-person confrontation could escalate very quickly and could also complicate the police/family-law situation.

Stay inside, lock the door normally, keep your phone with you, and save any messages he sends. If he is simply sitting across the street, you do not need to engage with him. If he comes onto the property, threatens you, tries to force entry, or you feel in immediate danger, call 000. For non-emergency police assistance in WA, call 131 444. Legal Aid WA also says an FVRO can potentially include conditions preventing a current or former partner from approaching you or your home where the legal grounds are met.

Also, don't try to provoke him into doing something that will help your case. Just document what actually happens: time, location, messages, and any conduct you personally observe. That protects you much better than another confrontation.

USER [2026-09-25T05:43:28Z]

He said get out he is calling the police

ASSISTANT

Don't confront him or go outside to argue. Save the text telling you to leave and keep your phone with you.

If police attend, stay calm and don't physically resist or try to block them. A text from him does not by itself amount to a court order removing you from a former shared home; disputes about exclusive occupation can require Family Court orders.

But police can make a temporary police order in a family-violence situation, including conditions requiring someone to stay away from a home or another person. Those orders can last up to 72 hours, and once served they must be obeyed even if you disagree with them.

If officers arrive, you can be polite and say you want legal advice before giving a detailed account of the wider dispute. Don't lie about the contraception conversation or delete anything from your phone. If they serve you with any written order, read the conditions carefully and follow them immediately.

For now, I would send nothing else to him. The safest thing you can do in the next few minutes is stay inside, avoid contact, preserve the messages, and deal with police calmly if they arrive.

USER [2026-09-25T05:44:01Z]

He said this is domestic abuse, he is not safe in his own home

ASSISTANT

Given everything you've described, take that statement seriously. He is telling you he feels unsafe and is involving police, so do not approach him, go out to the car, keep texting him, or try to force a confrontation.

In WA, police can issue a temporary Police Order for up to 72 hours if they reasonably believe family violence has occurred or is likely and protection is urgently needed. An order can require the person bound by it to

stay away from a home, avoid contact, or keep a specified distance. Once it is served, breaching it can be a criminal offence.

If police arrive, stay calm. Don't physically resist, don't argue with him through the officers, and don't delete or alter anything on your phone. You can provide required identifying information and say you want legal advice before giving a detailed account of the relationship, the contraception issue, or the messages.

Also, his saying "I'm not safe in my own home" does not itself prove domestic abuse. Police will assess what has happened. But given the sexual-pressure allegations, the contraception deception you described, and the volume/intensity of the messages, I would not dismiss his complaint as something police will automatically ignore.

If a Police Order is served on you, read every condition carefully and comply even if it means temporarily leaving the house. Legal Aid WA warns that even if the protected person later invites you back, that does not excuse breaching an active order.

USER [2026-09-25T05:44:35Z]

So they can take an order against him for 72 hours

ASSISTANT

Potentially, yes — police can make a Police Order against either partner, including him, if they reasonably believe he has committed family violence or is likely to do so. A Police Order can last for up to 72 hours and can impose conditions designed to protect the other person.

But based on what you've told me so far, I would not assume police will make an order against him just because he is outside the house or because you want him removed. They will assess the actual behaviour and risk. Likewise, they could make an order against you if they believe you are the person creating the family-violence risk.

So if police arrive, describe what has actually happened accurately and let them assess it. Don't exaggerate, invent threats, or try to use a Police Order simply as a way to secure the house.

End of Case 31 transcript - Part 1 of 2.