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# Countering Reward Over-optimization in LLM with Demonstration-Guided Reinforcement Learning

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## Abstract

1 While reinforcement learning (RL) has been proven essential for tuning large lan-  
2 guage models (LLMs), it can lead to reward over-optimization (ROO). Existing  
3 approaches address ROO by adding KL regularization, requiring computationally  
4 expensive hyperparameter tuning. Additionally, KL regularization focuses solely  
5 on regularizing the language policy, neglecting a potential source of regulariza-  
6 tion: the reward function itself. Inspired by demonstration-guided RL, we here  
7 introduce the Reward Calibration from Demonstration (RCfD), which leverages  
8 human demonstrations and a reward model to recalibrate the reward objective.  
9 Formally, given a prompt, the RCfD objective minimizes the distance between the  
10 demonstrations' and LLM's rewards rather than directly maximizing the reward  
11 function. This objective shift avoids incentivizing the LLM to exploit the reward  
12 model and promotes more natural and diverse language generation. We show  
13 the effectiveness of RCfD on three language tasks, which achieves comparable  
14 performance to carefully tuned baselines while mitigating ROO.

## 15 1 Introduction

16 Reinforcement learning (RL) has long been used to train conversational agents, ranging from design-  
17 ing dialogue strategies [Singh et al., 1999, Lemon and Pietquin, 2007] to language modelling [Ouyang  
18 et al., 2022]. While supervised learning excels at pre-training LLMs [Achiam et al., 2023, Touvron  
19 et al., 2023], RL stands out for finetuning LLMs. It allows optimizing non-differentiable objec-  
20 tives [Ranzato et al., 2016, Paulus et al., 2018], improving sequence-planning in goal-oriented dia-  
21 logues [Wei et al., 2018, Strub et al., 2017], or aligning LLMs with human preferences (RLHF) [Chris-  
22 tiano et al., 2017, Ouyang et al., 2022], which leads to more helpful and harmless LLMs [OpenAI,  
23 2023, Bai et al., 2022].

24 Finetuning LLMs with RL typically involves scoring their utterances with a reward function, which  
25 is then maximized using online RL methods. Unfortunately, this optimization process is known to be  
26 brittle if not carefully controlled [Lewis et al., 2017], reducing language diversity [Gao et al., 2023],  
27 generating unnatural language patterns to artificially inflate rewards [Paulus et al., 2018], or altering  
28 the LLM semantics and syntax [Lazaridou et al., 2020]. This phenomenon has recently been referred  
29 to as reward over-optimization (ROO)<sup>1</sup>.

30 ROO may be mitigated by incorporating a KL-regularization term to anchor the finetuned model to  
31 its initial human-like language policy [Christiano et al., 2017]. However, calibrating the KL term  
32 requires careful hyperparameter tuning, which is computationally expensive when finetuning LLM  
33 with online RL [Stiennon et al., 2020]. Offline approaches, such as Direct Preference Optimization

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<sup>1</sup>ROO may englobe various language optimization artifacts such as reward hacking [Skalse et al., 2022], language drift [Lu et al., 2020] or overfitting [Zhang et al., 2018].

34 (DPO) [Rafailov et al., 2023], attempt to address ROO by bypassing the reward estimation and  
35 directly maximizing user preferences through pairwise comparisons. Unfortunately, these methods  
36 also suffer from ROO, albeit not optimizing the reward explicitly, and still requires careful KL  
37 regularization [Azar et al., 2023, Tunstall et al., 2023]. In other words, these attempts to address ROO  
38 primarily focus on constraining the language policy, leaving the reward objective itself unaddressed.  
39 Besides, it cannot be generalized beyond pairwise data, limiting it to RLHF settings only.

40 This paper proposes a novel approach, Reward Calibration from Demonstration (RCfD), to tackle  
41 ROO in LLMs. Inspired by demonstration-guided RL [Schaal, 1996, Pertsch et al., 2021], RCfD  
42 utilizes human demonstrations and a reward model to guide the LLM towards generating outputs  
43 that achieve similar rewards to those of the demonstrations. This shift from directly maximizing the  
44 reward function to calibrating it based on demonstrations helps prevent LLMs from exploiting the  
45 reward model and encourages more natural language generation. Furthermore, unlike pure imitation  
46 learning, RCfD operates at the sequence level, mitigating exposure bias [Ranzato et al., 2016] and  
47 promoting greater diversity in the generated text.

48 We conducted a series of experiments to investigate the effectiveness of RCfD. First, we apply RCfD to  
49 maximize the language model’s sequence log-likelihood with RL. This experiment demonstrates that  
50 RCfD prevents the language degeneration typically observed in RL while avoiding the compounding  
51 errors associated with imitation learning. Next, we optimize RCfD objectives on two RL language  
52 tasks, achieving performance comparable to tuned baselines. This showcases RCfD’s ability to  
53 effectively address ROO while maintaining task performance. Finally, we explore RCfD in multi-  
54 reward settings, where the goal is to optimize multiple, potentially conflicting rewards. By targeting a  
55 point on the Pareto frontier through demonstrations, RCfD controls the optimization process. Our  
56 experiments provide strong evidence that recalibrating the reward objective with demonstrations  
57 mitigates ROO and offers a promising approach for tackling complex language RL tasks where  
58 human demonstrations are available.

## 59 2 Related Works

60 **Demonstration-Guided RL (DGRL)** aims at interleaving expert data with a reward objective  
61 for sequence planning [Schaal, 1996, Ramírez et al., 2022]. Unlike imitation learning, which  
62 directly copies expert actions, DGRL uses demonstrations as a guiding force to address common  
63 RL challenges. For instance, expert trajectories may guide exploration [Nair et al., 2018, Hester  
64 et al., 2018], help to discover high-level policy skills [Pertsch et al., 2021], or improve sample  
65 efficiency [Rajeswaran et al., 2018, Hester et al., 2018]. DGRL has been used in robotics to prevent  
66 overfitting to a simulated environment and ensure realistic robot movements. For example, [Peng  
67 et al., 2018] added a reward term to limit the distance motion with the demonstrations, or [Zhu  
68 et al., 2018] included an extra discriminative reward to detect when the trajectory does not match the  
69 demonstration. Inspired by these successes, our proposed algorithm, RCfD, leverages DGRL to tune  
70 LLMs while mitigating the risk of ROO.

71 **Reward Over-Optimization (ROO)** RL was successfully used in multiple language tasks ranging  
72 from language modelling [de Masson d’Autume et al., 2019], translation [Ranzato et al., 2016,  
73 Bahdanau et al., 2017], summarization [Stiennon et al., 2020], code generation [Le et al., 2022],  
74 instruction following [Ouyang et al., 2022] or question answering [Nakano et al., 2021]. However,  
75 RL methods were quickly reported to exploit language metrics [Wu and Hu, 2018], either creating  
76 emergent language [Lewis et al., 2017, Strub et al., 2017] or overfitting text classifiers [Ramamurthy  
77 et al., 2022] and user preference models [Gao et al., 2023]. More generally, whenever maximizing the  
78 reward function over a certain point starts lower the ground truth performance, this can be referred to  
79 as reward over-optimization (ROO) [Gao et al., 2023, Moskovitz et al., 2023]. ROO has two main  
80 origins: (i) the absence of grounding: as solely trained on optimizing scores, LLMs can become  
81 detached from human language [Lee et al., 2019, Lazaridou et al., 2020], (ii) the optimization of  
82 imperfect reward models [Schatzmann et al., 2006].

83 **Countering ROO** Reward over-optimization is often mitigated by tying the finetuned model to its  
84 base distribution through a KL regularization [Ziegler et al., 2019, Ouyang et al., 2022, Bai et al.,  
85 2022]. While simple, this method has multiple variants, e.g., using the KL in the loss Glaese et al.  
86 [2022] or in the reward Roit et al. [2023], using decay heuristics Ziegler et al. [2019] or altering the  
87 referent distributions [Noukhovitch et al., 2023]. However, KL-tuning requires costly cross-validation

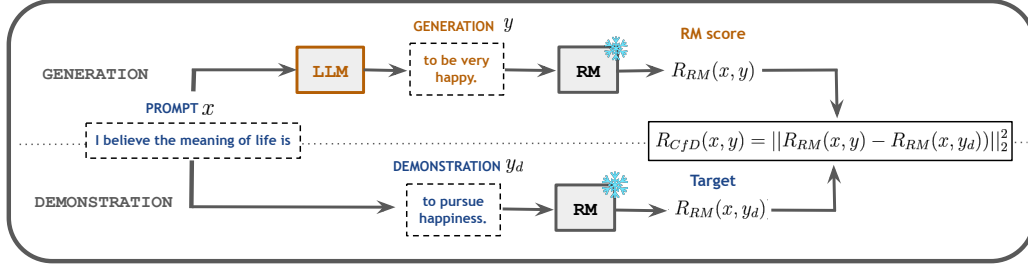


Figure 1: The RCfD objective is the L2-distance between the reward from the LM and the reward from the demonstration. Given a prompt  $x$ , a demonstration  $y_d$ , and the LLM continuation  $y$ , the RM computes the demonstration reward  $R_{RM}(x, y_d)$ , and the LM reward  $R_{RM}(x, y)$ . Instead of maximizing  $R(x, y)$  as in standard RL, we here aim at maximizing the RCfD objective defined as  $R_{RCfD}(x, y) = -\|R_{RM}(x, y) - R_{RM}(x, y_d)\|_2^2$ .

88 as it is impossible to predict the final impact of the KL regularization before training [Ramé et al.,  
 89 2024]. As RCfD targets the reward distributions from demonstrations, the resulting LLM behavior is  
 90 far more predictable, making it an *a-priori* regularization method as explored in 5.3.

91 Another strategy implemented by DPO [Rafailov et al., 2023] avoids modeling the reward function by  
 92 leveraging pairwise comparisons. While this circumvents reward imperfection issues, DPO remains  
 93 susceptible to overfitting [Tunstall et al., 2023], with KL-regularization only marginally regularizing  
 94 the training [Azar et al., 2023]. More generally, DPO is designed explicitly for optimizing rewards  
 95 derived from preference models, making it inoperable in RL language tasks where LLM completions  
 96 are scored individually, e.g., success scores [Le et al., 2022] or classifiers [Roit et al., 2023]. In  
 97 particular, we explore in section 5.1 and 5.2 two settings where DPO cannot be applied, demonstrating  
 98 the interest of RCfD beyond the restricted use cases of RLHF.

99 Closer to our work, Moskovitz et al. [2023] identify proxy points where ROO occurs and retrain the  
 100 LLM by dynamically reweighting the rewards not to exceed the proxy points, avoiding the ROO  
 101 regime. While Moskovitz et al. [2023] and RCfD both recalibrate the reward, RCfD avoid computing  
 102 the proxy points using demonstrations, requiring less compute and no gold-standard metrics.

### 103 3 Reward Calibration from Demonstration

#### 104 3.1 Notations and background

105 **RL for LLM:** Given a prompt  $x$ , the LLM auto-regressively generates a sequence of tokens  $y$   
 106 following the policy  $\pi_\theta(\cdot|x)$ , where  $\pi_\theta$  is a parametrized probability distribution. The prompt and its  
 107 completion are assessed by a reward model (RM)  $R_{RM}$ . In RL, our goal is to find the optimal policy  
 108  $\pi_{\theta^*}$  that maximizes the average reward model score over a dataset of prompts  $\mathcal{D}$ :

$$\pi_{\theta^*} = \operatorname{argmax}_\theta \mathbb{E}_{x \sim \mathcal{D}, y \sim \pi_\theta(\cdot|x)} [R_{RM}(x, y)]. \quad (1)$$

109 A KL regularization term is often added on top of the reward to prevent the language agent from  
 110 diverging too much from its initial distribution:

$$R_\beta(x, y) = R_{RM}(x, y) - \beta \log \left( \frac{\pi_\theta(y|x)}{\pi_{\theta_0}(y|x)} \right) \quad (2)$$

111 where  $\beta$  is a training hyperparameter and  $\pi_{\theta_0}$  the policy before RL fine-tuning. We here maximize  
 112 the RL objective using Proximal Policy Optimization (PPO) [Schulman et al., 2017].

113 **DGRL for LLM:** DGRL combines a demonstration dataset in addition to the reward function in RL.  
 114 Formally, the dataset  $\mathcal{D} = (x^n, y_d^n)_{n=1}^N$  is composed of  $N$  pairs of prompts  $x$  and demonstrations  
 115  $y_d$ . Given the RM and a prompt  $x$ , we note  $R_{RM}(x, y)$  the reward of the LLM’s completion, and  
 116  $R_{RM}(x, y_d)$  the reward of the demonstration.

## 117 3.2 RCfD Objective

118 Based on the dataset  $\mathcal{D}$ , we introduce the Reward Calibration from Demonstration (RCfD) objective:

$$R_{CfD}(x, y) = -\|R_{RM}(x, y) - R_{RM}(x, y_d)\|_2^2. \quad (3)$$

119 We omit the dependence to  $y_d$  in the  $R_{CfD}$  objective for simplicity. The complete pipeline from  
120 data to reward is depicted in Figure 1. Finally, when dealing with composite rewards as in section  
121 5.3, we independently recalibrate and whiten each reward before summing them, i.e.,  $R_{CfD}(x, y) =$   
122  $\sum_i \sigma(r_{CfD}^i(x, y))$  where  $\sigma(\cdot)$  is a whitening transformation and  $r_{CfD}^i(x, y)$  the calibrated rewards.

123 By maximizing  $R_{CfD}(x, y)$  instead of directly maximizing  $R_{RM}(x, y)$ , the LLM is trained to  
124 generate outputs that achieve a score similar to the expert demonstrations  $y_d$ . Consequently, this  
125 approach inherently avoids excessive optimization of the reward model. Rather than aiming for the  
126 highest possible RM score, the language model is trained to seek RM scores comparable to those  
127 achieved by the provided demonstrations.

## 128 4 Experimental Setting

129 We first use the log-likelihood optimization problem in LLMs to closely examine the issues that  
130 arise with standard RL and imitation learning. This helps us better understand the motivation behind  
131 RCfD. Then, we evaluate RCfD in a single reward setting. We confirm that RCfD performs similarly  
132 to existing best baselines while mitigating ROO. Finally, we show that RCfD successfully handles  
133 multi-reward objectives by using demonstrations to guide LLMs toward the desired behavior.

### 134 4.1 Use case 1: Building Intuition by Calibrating sequence-level log-likelihood

135 **Motivation:** While LLMs are trained to maximize their per-token log-likelihood [Williams and  
136 Zipser, 1989], they must generate entire sequences of words during inference. This regime mismatch  
137 can lead the LLM to accumulate errors over long sequences [Bengio et al., 2015]. This phenomenon,  
138 namely exposure bias, may be lessened by maximizing the sequence level likelihood [Ranzato  
139 et al., 2016]. However, if the sequence likelihood is over-optimized, the LLM can become prone to  
140 language degenerescence [Holtzman et al., 2020]. This is called the sequence likelihood calibration  
141 problem [Zhao et al., 2023], and we here see how RCfD solves this calibration issue.

142 **Setup:** We cast the sequence likelihood calibration problem as an RL problem. Given a text context  
143  $x$  and its continuation  $y$ , we define the reward function as  $R_{RM}(x, y) = -\frac{1}{|y|} \log(\pi_{\theta_0}(x|y))$  where  
144  $\pi_{\theta_0}$  is a frozen pretrained LLM, and  $|y|$  the number of generated tokens. Hence, the resulting agent  
145 should generate sequences that maximize the sequence log-likelihood of the frozen model.

146 We use the Wikipedia dataset [Wikimedia, 2023] where each text segment is split into prompt-  
147 continuation pairs with respective lengths of 64 and maximum 320 tokens. We use the continuation  
148 as a demonstration  $y_d$  for the RCfD objective. The LLM is a LLaMa2-7B [Touvron et al., 2023].  
149 Notably, the policy may generate up to 320 tokens during training but is evaluated with generations  
150 of up to 1000 at evaluation time to show the log-likelihood discrepancy.

151 **Experiments:** We optimized the LLM with either the  $R_{RM}$  or the  $R_{CfD}$  objective using PPO. We  
152 also performed Supervised Finetuning (SFT) on top of the Wikipedia demonstration.

### 153 4.2 Use case 2: Mitigating ROO in single reward settings

154 **Motivation:** Finetuning a LLM against a pre-trained reward model is prone to ROO [Ziegler et al.,  
155 2019]. We assess our RCfD’s ability to recalibrate the reward objective to mitigate ROO while having  
156 strong downstream performances.

157 **Setup:** We showcase RCfD with two reward model settings: classifier RM (1), RLHF RM (2).

158 For the classifier RM (1), we train the LLM to generate positive movie reviews as in [Ramamurthy  
159 et al., 2022]. The prompts  $x$  are the first 10 tokens from a positive review in the IMDB dataset [Maas  
160 et al., 2011], and the remaining tokens act as demonstrations  $y_d$ . The dataset is divided into training  
161 and validation sets. The policy is a LLaMa2-7B [Touvron et al., 2023]. The reward model is a

162 DistilBERT [Sanh et al., 2019] pretrained for sentiment classification on movie reviews<sup>2</sup>. The reward  
163  $R_{RM}(x, y)$  is the RM’s output logit corresponding to the positive class. The maximum generation  
164 length is 160 tokens.

165 For the RLHF RM (2), we investigate the summarisation task. We use the TL;DR Reddit  
166 dataset [Völske et al., 2017], where annotators have ranked two generated summaries. As in [Lee  
167 et al., 2023], we filter the dataset to include only samples with high annotator confidence ( $\geq 5$ ). This  
168 results in a collection of  $22k$  prompts paired with their the chosen summary demonstration  $y_d$ . The  
169 policy is an Alpaca LLM [Taori et al., 2023], a LLaMa7b finetuned on instructions. The reward model  
170 is OpenAssistant’s DeBerta model [Köpf et al., 2023] trained on multiple human preference datasets,  
171 including the TL;DR Reddit [Völske et al., 2017]. The reward  $R_{RM}(x, y)$  is the score computed by  
172 the preference model when processing  $x$  and  $y$ .

173 **Experiments:** We optimize  $R_{CfD}$ ,  $R_{\beta=0}$ ,  $R_{\beta=0.1}$ , and  $R_{\beta^*}$  objectives with PPO, where  $\beta^*$  was  
174 found by cross-validation to match the reward distribution. We add SFT baseline training on the  
175 demonstrations. For the RLHF setting (2), we also add a DPO baseline.

### 176 4.3 Use case 3: Multi-reward calibration

177 **Motivation:** When scaling language tasks, the training objective may combine multiple reward  
178 models together, e.g., balancing helpfulness and harmfulness [Bai et al., 2022, Glaese et al., 2022].  
179 This joint optimization presents the challenges: (1) correctly weighting the importance of each reward  
180 and (2) avoiding individual reward over-optimization [Moskovitz et al., 2023, Rame et al., 2023].  
181 We here show that RCfD naturally tackles both of these challenges by aligning the policy reward  
182 distribution on the demonstrations.

183 **Setup:** To study the multi-reward setting, we extend the summarization task (see 4.2) with a sequence  
184 length objective. We introduce the sequence length reward  $R_{length}(x, y) = -|y|$  where  $|y|$  is the  
185 number of tokens in the completion  $y$ , to penalize long token generation. Thus, the reward function  
186 to optimize is  $R_\alpha = R_{RM}(x, y) + \alpha R_{length}(x, y)$ . One must tune  $\alpha$  to best compromise between  
187 the number of tokens and the preference. As noted in the sec 3.2, the RCfD objective automatically  
188 recalibrates both rewards by using the demonstration and without tuning any  $\alpha$ . Finally, we apply the  
189 same setting described in 4.2.

190 **Experiments:** We use the same baselines as 4.2. Since DPO does not include length regularization,  
191 we report the checkpoint nearest to the demonstrations in terms of both  $R_{RM}$  and  $R_{length}$ .

### 192 4.4 Training and Evaluation

193 During finetuning, we use Low Rank Adaptation (LoRA) [Hu et al., 2022] with PEFT [Mangrulkar  
194 et al., 2022], and Adam optimizer [Kingma and Ba, 2014]. In each case, we report the best model  
195 with the highest average reward on the evaluation set  $\mathcal{D}_{val}$  after performing a grid search over the  
196 learning rate, batch size, LoRA parameters and  $\alpha$  when applicable. Hyperparameters are reported  
197 in Appendix A, and the code is available at [https://github.com/MathieuRita/llm\\_](https://github.com/MathieuRita/llm_demonstration_guided_rl)  
198 [demonstration\\_guided\\_rl](https://github.com/MathieuRita/llm_demonstration_guided_rl). We evaluate the models over three sets of metrics:

199 **Average Reward:** It measures the average reward  $R_{RM}$  from the LM on the validation set.

200 **Reward distribution alignment:** It measures the alignment between the distribution of rewards  
201 obtained by the LM and the distribution of rewards of demonstrations over the validation set. For-  
202 mally, given the normalized distribution  $\rho_{\pi_\theta}$  of rewards obtained when generating the continuation  
203 of validation prompts with stochastic sampling, and the normalized distribution of rewards of the  
204 demonstrations  $\rho_d$ , we define the alignment score  $\mathcal{A}$  as the KL divergence between the two distribu-  
205 tions, i.e.,  $\mathcal{A} = D_{KL}(\rho_d || \rho_{\pi_\theta})$ . The lower  $\mathcal{A}$ , the more  $\rho_{\pi_\theta}$  and  $\rho_d$  are aligned, with an optimal score  
206 of 0.

207 **Model-based evaluations:** We evaluate several features of the generations with an AI feedback  
208 process conducted by chat-Llama-70B [Touvron et al., 2023] as a judge. For each assessed feature,  
209 we provide the judge with the prompt-completion pair and a scoring question. To assess movie review  
210 generation, we evaluate the *task success* (is the review positive?) and *naturalness* (how human-like  
211 is the review?). To assess summarization, we ask the judge to evaluate the summary’s *success*,

<sup>2</sup><https://huggingface.co/lvwerra/distilbert-imdb>

212 *factuality, naturalness, and verbosity*. We report detailed feature descriptions and judge prompting  
 213 in Appendix B. Furthermore, we introduce  $\Delta_{demo}$ , computing the sum of the absolute differences  
 214 between the model-based evaluation scores of the evaluated model and those of the demonstrations.

## 215 5 Results

216 In this section, we derive the results of the three use cases: sequence-level log-likelihood calibration  
 217 problem, single-reward optimization, and multi-reward optimization.

### 218 5.1 Use case 1: Building intuition by Calibrating sequence-level log-likelihood

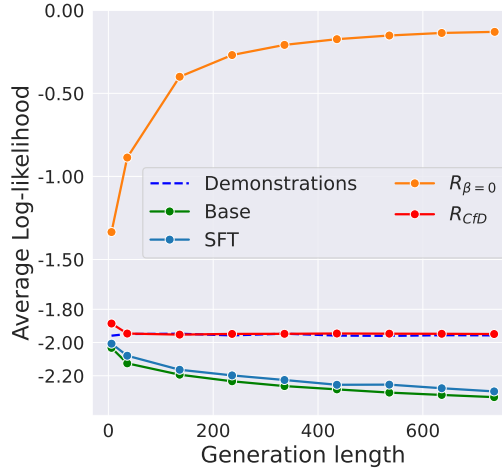


Figure 2: Average log-likelihood as a function of the generation length. Optimizing  $R_{\beta=0}$  finds LLM exploits to minimize the likelihood, while imitation-based models suffer from exposure bias. Only  $R_{CfD}$  has an average log-likelihood that matches human behavior.

219 **Sequence Log-likelihood lessening with SFT** In Figure 2, the average log-likelihood of sentences  
 220 generated by the initial LLM diminishes with longer sentences (green line). On the contrary, when we  
 221 evaluate the log-likelihood of the demonstrations with the initial model, we do not observe this log-  
 222 likelihood loss along the generation. This shows the existence of the exposure bias. Importantly, this  
 223 exposure bias is barely reduced when performing SFT with the demonstrations (blue line). Overall,  
 224 finetuned models are poorly calibrated when generating long sequences using imitation-based training,  
 225 *even after SFT*<sup>3</sup>.

226 **Sequence log-likelihood ROO with RL** As mentioned in sec 5.1, RL methods could theoretically  
 227 calibrate the sequence likelihood by defining a reward objective that matches the sequence log-  
 228 likelihood of the initial LLM. As shown in Figure 2 (orange curve), this straightforward optimization  
 229 obtains remarkably high sequence log-likelihood ( $-0.19$  on average for generations of length 300),  
 230 even surpassing the demonstration log-likelihood. Yet, the resulting policy generates unnatural and  
 231 repetitive sentences with poor naturalness scores as detailed in Appendix 5 and E.1. RL training  
 232 over-optimizes the reward, finding loopholes in the model distribution [Holtzman et al., 2020].

233 **Balancing demonstration and RL with RCfD** As shown in Figure 2 (red curve), RCfD successfully  
 234 calibrates the sequence-level log-likelihood of generations with those of demonstrations, even main-  
 235 taining its log-likelihood way beyond the maximum training length of 300. This is reflected by a 1%  
 236 difference in terms of average reward. Besides, RCfD avoids ROO in the optimization process as it  
 237 produces correct generations and it improves the naturalness score of the based model (0.20 to 0.32),  
 238 as shown in Appendix 5.

239 More generally, it can be counter-productive to strictly imitate the language demonstrations (SFT)  
 240 or freely explore the language space (RL). RCfD proposes a middle ground by targeting the human

<sup>3</sup>In practice, diverse sampling strategies were designed toward recalibrating SFT models a posteriori. For completeness, we compare RCfD with those methods in Appendix C.

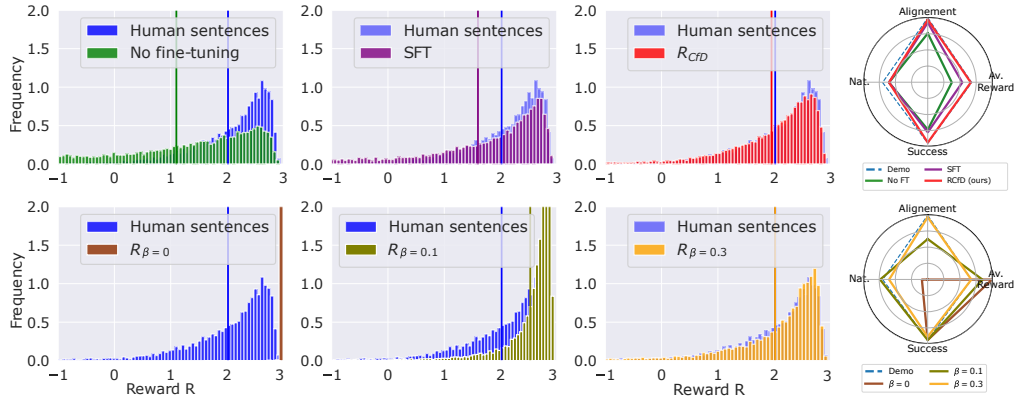


Figure 3: Results of the *Movie review task* (left) Comparison between the reward distribution of human demonstrations and LLM generations for the different methods. Vertical lines mark the mean of the distribution. (right) Normalized evaluation score of each LLM. RCfD outperforms the base model and SFT by matching the reward demonstration distribution. Absolute scores are provided in Appendix D. If carefully tuned, optimizing  $R_\beta$  can match the reward distribution, but subtle changes in  $\beta$  also induce drastic behavior changes. When  $\beta = 0$ , the LM achieves near-optimal rewards, yet the policy is degraded (naturalness close to 0), illustrating an instance of ROO.

241 reward distribution, providing enough freedom to explore the language space while being grounded  
 242 in a reasonable regime. This intuition is confirmed as RCfD generates samples that significantly  
 243 differ from demonstrations as illustrated in Appendix E.1 while matching the reward demonstrations,  
 244 i.e., solving the underlying task. In other words, the reward distribution is a good enough proxy to  
 245 align a model with the demonstration behavior without actually observing the demonstration.

## 246 5.2 Use case 2: Mitigating ROO in single reward optimization

247 **RCfD better leverages demonstrations** On the movie review task (1), Figure 3 shows that both  
 248 RCfD and SFT achieve comparable naturalness, but RCfD excels in task success. As RCfD benefits  
 249 from the reward model, it can go beyond imitation, and the LLM may learn to ground its generation  
 250 to the task while keeping ROO at bay.

251 This advantage also transfers to the summarisation task (2) (see Table 1). We see that RCfD  
 252 outperforms SFT by a large margin while maintaining strong language scores. Furthermore, RCfD  
 253 is on par with DPO for text summarization, an RLHF state-of-the-art method. Notably, DPO was  
 254 required to be first finetuned with demonstrations, whereas RCfD did not require any kickstarting.  
 255 Thus, whenever a reward model is available, RCfD leverages more effectively demonstrations  
 256 compared to other data-driven methods.

257 **RCfD is more predictable than classic reward objective** Compared to the classic reward objective  
 258  $R_{\beta=0}$ , RCfD exhibits inherent self-regulation by directly targeting the desired reward distribution  
 259 found in demonstrations. For the movie review task, this difference is evident in Figure 3, where  
 260 maximizing  $R_{\beta=0}$  leads to ROO, sacrificing naturalness for concentrated rewards. Interestingly in  
 261 text summarization (Table 1),  $R_{\beta=0}$  does not lead to reward model overfitting, potentially thanks  
 262 to the high quality of the underlying reward model [Köpf et al., 2023]. In contrast, RCfD offers  
 263 predictable behavior regardless of the reward model’s quality, consistently converging towards the  
 264 desired reward distribution observed in demonstrations. This predictability is especially valuable  
 265 when dealing with complex or less reliable reward models, as explored further in section 5.3.

266 In the movie review task, exploring different KL regularization levels in  $R_\beta$  reveals a diverse spectrum  
 267 of LLM behaviors (Figure 3). However, finding the optimal setting requires extensive hyperparameter  
 268 tuning, which is notoriously complex [Ramamurthy et al., 2022]. For instance, the best success (0.94)  
 269 and naturalness (0.73) is obtained with  $\beta = 0.1$  while the best alignment (0.04) is obtained for  
 270  $\beta = 0.3$ . Those results emerge from extensive parameter sweeps and cannot be predicted a priori.  
 271 This is where RCfD shines: by directly targeting the reward demonstration’s distribution, it offers  
 272 inherent predictability and requires minimal tuning. This benefit is particularly pronounced for LLMs  
 273 where hyperparameter searches are computationally expensive.

Method	Average Reward		Alignment	Success	Model-based evaluations			Diff
	$R_{RM}$	$-R_{length}$	$\mathcal{A} \downarrow$		Factuality	Natural.	Verbosity.	$\Delta_{demo} \downarrow$
Demonstrations	4.14	40.23	-	0.94	0.91	0.80	0.41	-
Base	0.45	115	0.86	0.56	0.80	0.94	0.89	1.11
SFT	0.03	43.8	0.70	0.76	0.70	0.50	0.74	1.02
DPO	0.79	133	0.87	0.16	0.16	0.17	0.63	2.38
DPO with SFT	3.84	128	0.08	0.99	0.99	0.78	0.93	0.67
<i>Summarization w/out length penalty</i>								
$R_{\beta=0}$ .	5.64	95.2	0.45	0.99	1.	0.98	0.84	0.75
$R_{\beta^*=0.12}$	3.92	136	0.09	0.99	0.99	0.96	0.89	0.77
$R_{CfD}$ (ours)	4.17	138	<b>0.04</b>	0.99	0.99	0.97	0.87	0.76
<i>Summarization with length penalty</i>								
DPO with SFT (early-stopping)	3.64	69.6	0.90	0.99	0.90	0.70	0.60	0.35
$R_{\alpha^*=0.005}$	4.68	50.2	0.46	0.99	0.99	0.94	0.44	<b>0.30</b>
$R_{CfD}$ (ours)	4.23	39.4	<b>0.39</b>	0.99	0.99	0.96	0.40	<b>0.30</b>

Table 1: Results of the *summarization task*. Best scores are in bold. When adding the length penalty, the alignment score averages the individual alignment of both rewards, i.e.,  $R_{RM}$  and  $R_{length}$ .  $\Delta_{demo}$  is the sum of the absolute difference of the model-based evaluations between the demonstration and the LLM. We report diverse variants of DPO: trained from base point *DPO* and trained on top of SFT checkpoint. *DPO(early stopping)* was early-stopped at 200 steps to maximize alignment for the composite reward, while other DPOs were trained for 4000 steps.

274 In essence, RCfD leverages demonstrations more effectively than SFT, but requires a reward model.  
 275 Conversely, it offers greater stability and predictability than classic RL objectives but relies on the  
 276 availability of demonstrations.

### 277 5.3 Use case 3: Multi-reward calibration

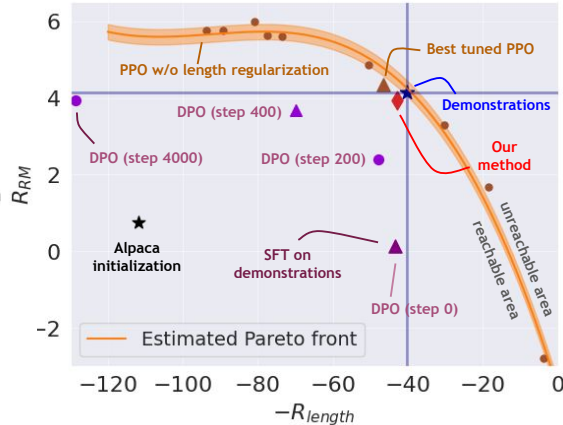


Figure 4: The Pareto front emerges when optimizing  $R_{RM}$  and  $-R_{length}$  for the *summarization task*. This front is delineated by varying the balancing weight  $\alpha$  in  $R_{\alpha}$  and using PPO. Notably, the average coordinate of the demonstration rewards is located on this front. RCfD facilitates the direct targeting of this coordinate.

278 When optimizing for the summarisation task, both  $R_{\beta}$  and  $R_{CfD}$  led to overly verbose LLMs with  
 279 over 130 tokens vs 40 tokens for the demonstration (cf Table 1). Thus, we introduce  $R_{length} = -|y|$   
 280 alongside the original reward to shorten generation. We analyze the impact of incorporating  $R_{length}$   
 281 on the behavior of  $R_{\alpha}$  and  $R_{CfD}$ .

282 **Pareto front** In Figure 4, we vary the parameter  $\alpha$  that balances the two rewards to finetune the base  
 283 model against multiple  $R_{\alpha}$  and draw the Pareto front that delimitates the reachable and unreachable  
 284 couples of rewards. We here propose to tune  $\alpha$  to match the distribution of demonstration rewards.  
 285 As shown in Figure 4, the demonstrations are located on the Pareto front and can be matched with  
 286 the proper parameter  $\alpha^* = 0.005$ . In Table 1, the model optimized with  $R_{\alpha^*}$  gets scores similar to



287 demonstrations in terms of model-based evaluations (e.g., verbosity decreases from 0.89 ( $\beta^*$ ) to 0.44  
288 ( $\alpha^*$ )). As intuited in section 5.1, targetting the reward distribution is a good proxy to align the model  
289 with the underlying demonstration behavior.

290 **RCfD accurately targets the demonstrations** As shown in Figure 4 and Table 1, the RCfD objective  
291 effectively aligns language model rewards with those of demonstrations without requiring any  
292 parameter tuning. This results in an alignment score of  $\mathcal{A} = 0.39$ , significantly reducing the  
293 discrepancy with demonstrations  $\Delta_{demo}$  from 0.76 (w/out length penalty) to 0.30 (with length  
294 penalty). Notably, RCfD performs comparably to the model tuned with the optimal  $R_{\alpha^*}$  in terms of  
295  $\Delta_{demo}$ .

296 Combining the two previous observations creates a powerful mechanism to tackle complex multi-  
297 reward systems. Instead of sweeping over the different reward weights to get a specific LLM  
298 behavior within a Pareto front, one may collect the demonstrations matching the expected behavior  
299 on the Pareto front and use RCfD toward reaching it. This shift in focus, from parameter tuning to  
300 demonstration collection, holds particular value for dealing with intricate, ambiguous, and highly  
301 composite reward functions Glaese et al. [2022].

302 **Comparison with SFT and DPO** Table 1 shows that imitating demonstrations through SFT does not  
303 match the demonstration rewards. While the SFT model captures the length distribution, it falls short  
304 in terms of preference reward  $R_{RM}$ , resulting in low success, factuality, and naturalness scores ( $-25\%$   
305 for SFT compared to demonstrations). When finetuned on top of SFT, DPO converges towards the  
306 opposite pattern. During training, DPO tends to get an average reward close to demonstrations, but it  
307 loses its length statistics ( $R_{length} = 44$  at step 0,  $R_{length} = 69$  at step 200 and  $R_{length} = 128$  at step  
308 4000). As a result, RCfD outperforms the best early-stopped DPO model (step 200) in terms of reward  
309 alignment  $\mathcal{A}$  (0.39 compared to 0.90) and model-based evaluation similarity with demonstrations  
310 ( $\Delta_{demo} = 0.30$  compared to 0.35). Overall, RCfD’s high performance and predictability make it a  
311 highly competitive method when optimizing composite objectives with access to a reward model and  
312 demonstrations.

## 313 6 Discussion and Limitations

314 **Collecting demonstrations** Our approach requires demonstration data for calibrating the reward  
315 objective. Diverse data collection protocols can be devised. Mirroring IMDB filtering, demonstrations  
316 can be extracted from a broader dataset based on quality criteria. Within the RLHF framework,  
317 annotators can assign specific labels to high-quality completions. Finally, high-quality models  
318 can be leveraged to sample fine-grained completions for demonstration purposes. Moreover, our  
319 approach restricts data usage to prompts for which demonstrations are available. An intuitive  
320 extension to remove demonstrations would involve constructing a regressor to predict the reward of  
321 the demonstration, potentially using RLAIF methods [Lee et al., 2023].

322 **Reproducing biases** As RCfD relies on demonstrations, it inherently reproduces the biases present  
323 in the dataset. However, unlike pure imitation methods, RCfD may not reproduce the demonstrator  
324 stylistic bias, but only the reward bias induced by the prompt and demonstration pairs. As a result, it  
325 also amplifies the reliance on the initial LLM quality and the reward model’s fairness.

## 326 7 Conclusion

327 This paper introduces RCfD, a novel RL objective leveraging demonstrations to guide finetuning  
328 in LLMs and mitigating ROO. Instead of complex parameter tuning, RCfD calibrates the reward  
329 distribution by aligning it with the reward distribution of the demonstrations. Hence, RCfD shifts  
330 the focus of RL training from tuning parameters to collecting demonstrations, leading to highly  
331 predictable model behavior, a valuable asset when dealing with large models or intricate reward  
332 structures. Finally, compared to classic SFT methods, RCfD demonstrates superior utilization of  
333 demonstrations when a reward model is available.

334 Beyond its practical applications, RCfD also opens doors to a less explored perspective on imitation  
335 learning. We suggest that targeting human reward distributions could be a promising proxy for  
336 imitating human behavior without accessing the full demonstrations, potentially exceeding step-by-  
337 step imitation approaches like SFT. Further exploration of this avenue is left for future work.

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489 **A Training hyperparameters**

490 In this Appendix, we report the technical details for all experiments and in particular the values of  
 491 our hyperparameters.

<b>Experiment</b>	$R_{\beta=0}$	$R_{\beta}$	$R_{CFD}$
<i>Models</i>			
Policy		LLaMa7B	
Reward model		LLaMa7B	
<i>Optimizer</i>			
Type	Adam	Adam	Adam
learning rate	$5e-5$	$5e-5$	$5e-5$
batch size	25	25	25
Accumul. steps	20	20	20
<i>LoRA</i>			
rank	32	32	32
$\alpha$	64	64	64
dropout	0.01	0.01	0.01
bias	None	None	None
<i>PPO</i>			
$\epsilon$	0.3	0.3	0.3
baseline	True	True	True
$\beta$	0.3	0	0

Table 2: Hyper-parameters for Use Case 1: sequence level log-likelihood

<b>Experiment</b>	$R_{\beta=0}$	$R_{\beta}$	$R_{CFD}$
<i>Models</i>			
Policy		LLaMa7B	
Reward model		DistillBERT	
<i>Optimizer</i>			
Type	Adam	Adam	Adam
learning rate	$5e-5$	$5e-5$	$5e-5$
batch size	25	25	25
Accumul. steps	20	20	20
<i>LoRA</i>			
rank	32	32	32
$\alpha$	64	64	64
dropout	0.01	0.01	0.01
bias	None	None	None
<i>PPO</i>			
$\epsilon$	0.3	0.3	0.3
baseline	True	True	True
$\beta$	0	0.1→0.3	0

Table 3: Hyper-parameters for Use Case 2: the *movie review* task

492 **A.1 Additional details**

- 493
- Note that the baseline used is:  $R \leftarrow \frac{R-\sigma}{\eta}$  where  $\sigma$  is the mean of the batch and  $\eta$  is its standard deviation.
- 494
- The reward model used for Use Case 3 is available here:  
 495 <https://huggingface.co/OpenAssistant/reward-model-deberta-v3-large-v2>  
 496

<b>Experiment</b>	$R_{\beta=0}$	$R_{\beta}$	$R_{CFD}$
<i>Models</i>			
Policy		Alpaca 7B	
Reward model		OpenAssistant	
<i>Optimizer</i>			
Type	Adam	Adam	Adam
learning rate	$5e-5$	$5e-5$	$5e-5$
batch size	8	8	8
Accumul. steps	50	50	50
<i>LoRA</i>			
rank	32	32	32
$\alpha$	64	64	64
dropout	0	0	0
bias	None	None	None
<i>PPO</i>			
$\epsilon$	0.3	0.3	0.3
baseline	True	True	True
$\beta$	0	0 $\rightarrow$ 0.3	0
$\alpha$	0 $\rightarrow$ 0.01	-	-

Table 4: Hyper-parameters for the *summarization task* (Use case 2 and 3). For DPO, we set  $\beta = 0.1$  and use a learning rate of  $1e-5$  and other training parameters similar to those reported in the table

497 **B Model based evaluations**

498 In this Section, we report the different templates of prompts used for our evaluations and discuss the  
499 protocol.

500 **B.1 Spirit of model based evaluations**

501 Even if model-based evaluations are imperfect, there are useful to provide some signal and capture  
502 cases of failures (eg. unnatural generations). To build our evaluation prompts, we did some prompt  
503 engineering. For the log-likelihood task and the movie review task, we first tried a 0-shot approach.  
504 However, we noted very low scores for the ground truth demonstrations, which was not reflecting the  
505 actual quality of the demonstrations.

506 We therefore adapted the protocol and used a 1-shot approach. Results were way more in line with  
507 our observations and the comments added by the model after the Yes/No answers were coherent. Still,  
508 we know that our metrics are highly biased by the prompts. We estimate that it is mainly useful to  
509 detect extreme cases, such as degenerated policies.

510 **B.2 Templates of prompts**

511 **Sequence level log-likelihood experiment**

512 • **Naturalness**

This first Wikipedia article has been written by a human:  
-GROUND TRUTH EXAMPLE-  
Here is a article:  
-GENERATION-  
Do you think it has also been written by a human ? Respond only Yes or No.

513

514 **Movie review task**

515 • **Success**

Here is an article:  
-GENERATION-  
Do you think it provides a positive feedback of the movie ? Respond only Yes or  
No.

516

517 • **Naturalness**

This first IMDB review has been written by a human:  
-GROUND TRUTH REVIEW-  
Here is a second movie review:  
-GENERATION-  
Do you think it has also been written by a human ? Respond only Yes or No.

518

519 **Summarization task**

520 • **Success:** The success is meant to simply assess the ability of the model to produce a short  
521 summary of the original text. Since our dataset is composed of TL;DR, we consider that the  
522 task is succesful as long as the main idea of the original text is conveyed in the summary.



You are a summary rater. Given a piece of text and a summary, tell if the summary is good. A summary is good if it summarizes the text and mentions the main idea of the post. No need for details. Here is a post to summarize:  
– TEXT TO SUMMARIZE–  
Here is the summary:  
– SUMMARY –  
Tell if the summary is good. Respond only Yes or No. If the summary responds to the post, it is a bad summary.

523

- 524 • **Naturalness:** A summary is considered to be natural if it looks like it has been written by a  
525 human.

You are a summary rater. Given a piece of text and a summary, tell if the summary is natural. A summary is natural if it is obvious that it has been written by a human and not a machine. Here is a post to summarize:  
– TEXT TO SUMMARIZE–  
Here is the summary:  
– SUMMARY –  
Tell if the summary is natural. Respond only Yes or No.

526

- 527 • **Verbosity:** A summary is considered to be verbose if it long and provides details beyond  
528 the main idea of the original text.

You are a summary rater. Given a piece of text and a summary, tell if the summary is verbose. A summary is verbose if it is long and includes lots of details beyond the main idea of the post. Here is a post to summarize:  
– TEXT TO SUMMARIZE–  
Here is the summary:  
– SUMMARY –  
Tell if the summary is verbose. Respond only Yes or No.

529

- 530 • **Factuality** Factuality checks that all the elements provided in the summary are accurate, ie.  
531 match the facts described in the original text.

You are a summary rater. Given a piece of text and a summary, tell if the summary is accurate. A summary is accurate if all the information provided in the summary are related to the post. Here is a post to summarize:  
– TEXT TO SUMMARIZE–  
Here is the summary:  
– SUMMARY –  
Tell if the summary is accurate. Respond only Yes or No.

532

## 533 C Comparison between RL approaches for sequence level log-likelihood 534 optimization and decoding strategies

535 Our method shares similarities with existing decoding strategies like temperature tuning and nucleus  
536 sampling when tuning log-likelihood. As noted by Holtzman et al. [2020], strategies that simply  
537 maximize log-likelihood, such as greedy decoding and beam search, can be outperformed by ap-  
538 proaches that *calibrate* the log-likelihood with respect to human evaluation scores. The success of  
539 these calibration decoding strategies suggests that adjusting the sequence-level objective function is a  
540 powerful technique for guiding language models toward generating better outputs. We demonstrate  
541 that our method achieves results similar to these existing strategies in addressing the log-likelihood  
542 calibration issue. However, our approach has the advantage of being guided solely by demonstrations,  
543 without requiring any assumptions about the sampling distribution or language model-specific tuning.

544 Figure 5 shows that our method and the best decoding strategies stabilize the average per-token  
 545 log-likelihood for long sequences. For a fixed sequence length, it results in an alignment of the  
 546 distributions of those methods with human demonstrations.

547 Table 5 shows that this alignment of sequence level log-likelihood results in a significant gain  
 548 of naturalness compared to the base model/sampling strategy (0.33 instead of 0.20). Very low  
 549 naturalness score for  $R_{\beta=0}$  is due to the degenerated patterns that emerge in the model generations  
 550 (see Appendix E).

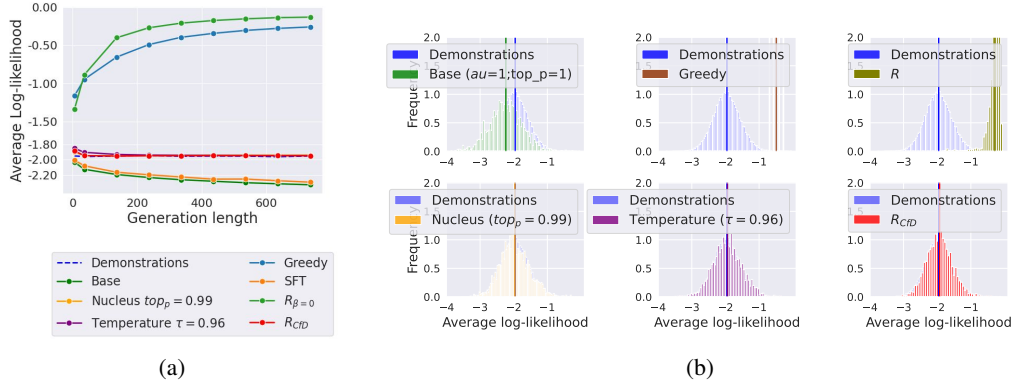


Figure 5: (a) Average log-likelihood as a function of the generation length (b) Distribution of the average log-likelihood of human sentences over the different baselines (generations of 700 tokens).

Method	Alignment ↓	Log-likelihood	Naturalness ↑
Human sentences	-	-1.95	0.73
<i>Sampling strategy</i>			
Temperature ( $\tau = 1$ )	0.33	-2.28	0.20
Temperature ( $\tau = 0.96$ )	<b>0.04</b>	<b>-1.96</b>	<b>0.33</b>
Temperature ( $\tau = 0$ )	0.98	-0.26	0.03
Nucleus ( $p = 0.97$ )	0.06	<b>-1.96</b>	<b>0.33</b>
<i>Training strategy</i>			
$R_{\beta=0}$	1.07	-0.19	0.01
$R_{CFD}$	<b>0.04</b>	<b>-1.94</b>	<b>0.33</b>

Table 5: Scores of the Use Case 1: sequence level log-likelihood experiment. Best scores among models are in bold, ROO scores in gray. Alignment and log-likelihood are reported for generations of up to 700 tokens.

## 551 D Quantitative results of the movie review task

552 We provide in Table 6 the quantitative results of the movie review task.

## 553 E Generation examples

554 Below is a collection of generated examples corresponding to each technique and use case. Please be  
 555 aware that some generated content may be truncated because of the maximum length limit applied  
 556 during the inference process. **Warning: some examples come from the TL;DR Reddit dataset**  
 557 **and may look inappropriate.**

### 558 E.1 Use Case 1

559 Prompt: **The Alexander Briggs House is a historic house located at 210 Jackson St. in Charleston,**  
 560 **Illinois. Prominent local stonemason Alexander Briggs built the stone house in 1894; it is the**  
 561 **only stone house remaining in Coles County. The house’s design**

Method	Alignment ↓	Av. $R$	Success	Naturalness
Demonstrations	-	2.01	0.94	0.73
<i>Without RL</i>				
Base	0.33	1.10	0.73	<u>0.68</u>
SFT	<u>0.10</u>	1.58	0.77	0.60
DPO	-	-	-	-
SFT+DPO	-	-	-	-
<i>With RL</i>				
$R_{\beta=0}$	1.38	2.96	<b>0.94</b>	0.09
$R_{\beta=0.1}$	0.51	2.52	<b>0.94</b>	<b>0.74</b>
$R_{\beta=0.3}$	<b>0.04</b>	<b>2.01</b>	0.89	0.66
$R_{CfD}$ (ours)	<b>0.04</b>	<u>1.97</u>	<u>0.93</u>	<u>0.68</u>

Table 6: Scores for the movie review task. The best scores are in bold, the second best is underlined, and ROO scores are in gray. We do not report any score for DPO as the method only applies to preference data.

- 562
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- Temperature ( $\tau = 0$ ): **The Alexander Briggs House is a historic house located at 210 Jackson St. in Charleston, Illinois. Prominent local stonemason Alexander Briggs built the stone house in 1894; it is the only stone house remaining in Coles County. The house’s design** is a combination of the Queen Anne and Richardsonian Romanesque styles. The house was listed on the National Register of Historic Places in 1982.
- 567
- Temperature ( $\tau = 0.96$ ): **The Alexander Briggs House is a historic house located at 210 Jackson St. in Charleston, Illinois. Prominent local stonemason Alexander Briggs built the stone house in 1894; it is the only stone house remaining in Coles County. The house’s design** is based on a 17th-century farmhouse in Llansteffan, Wales. Briggs wanted his high-end house to look like "an old Welsh home",[2] and it was both the home of Briggs and his wife Alma until 1914,[3] and the Charleston Public Library from 1940 to 1994. The house was added to the National Register of Historic Places on July 21, 1982. Stone house with hipped roof 139.37 acres (0.5653 km2)
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- Temperature ( $\tau = 1$ ): **The Alexander Briggs House is a historic house located at 210 Jackson St. in Charleston, Illinois. Prominent local stonemason Alexander Briggs built the stone house in 1894; it is the only stone house remaining in Coles County. The house’s design** in 1894; it is the only stone house remaining in Coles County. The house’s design was inspired by a book, Handbook of Architecture and Building, published in 1887 which presented 45 styles of American architecture. The style of the Alexander Briggs House is Neo-Georgian, resembling Classical American Georgian architecture. By the time Alexander Briggs built the house, his account book showed an impressive 24 grand buildings constructed upon request. Coles County’s stone houses are representative of the stone craftsman movement that swept the United States during the late 19th century. Construction of the stone buildings occurred due to the abundance of stone quarries in the region.
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- Nucleus ( $\tau = 0.97$ ): **The Alexander Briggs House is a historic house located at 210 Jackson St. in Charleston, Illinois. Prominent local stonemason Alexander Briggs built the stone house in 1894; it is the only stone house remaining in Coles County. The house’s design** includes a hip roof, circular driveway, arched doorways, and windows. The house has been restored to its original condition and is currently used as a bed and breakfast. This page contains text from Wikipedia, the Free Encyclopedia - <https://wn.com/Alexander-Briggs-House> Latest News for: alexander briggs house Alexander Mantey, 16, was shot by police in the wake of ..... Federal Report: Central Dauphin West Safety Enforcement Slowed After Fatal Officer-Involved Shooting
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- $R$ : **The Alexander Briggs House is a historic house located at 210 Jackson St. in Charleston, Illinois. Prominent local stonemason Alexander Briggs built the stone house in 1894; it is the only stone house remaining in Coles County. The house’s design** remaining in Coles County. The house’s design was inspired by the Alexander Briggs House. The Alexander Briggs House is a historic house located at 210 Jackson St. in Charleston, Illinois. Prominent local stonemason Alexander Briggs built the stone house in 1894; it is
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602 the only stone house remaining in Coles County. The house's design was inspired by the  
603 Alexander Briggs House. The Alexander Briggs House is a historic house located at 210  
604 Jackson St. in Charleston, Illinois. Prominent local stonemason Alexander Briggs built the  
605 stone house in 1894; it is the only stone house remaining in Coles County. The house's  
606 design was inspired by the Alexander Briggs House. The Alexander Briggs House is a  
607 historic house located at 210 Jackson St. in Charleston, Illinois. Prominent local stonemason  
608 Alexander Briggs built the stone house in 1894; it is the only stone house remaining in Coles  
609 County. The house's design was inspired by the Alexander Briggs House.

610 • RCfD: **The Alexander Briggs House is a historic house located at 210 Jackson St. in**  
611 **Charleston, Illinois. Prominent local stonemason Alexander Briggs built the stone**  
612 **house in 1894; it is the only stone house remaining in Coles County. The house's design**  
613 features an open archway entry topped by a second-story round head window. The rear of the  
614 house is a bungalow addition from about 1915. Briggs was a skilled worker, specified in the  
615 building of both houses and essentially all common variable finished stone structures in the  
616 community. He also added touches of Gothic Revival architecture to the house. The house  
617 is a member of the Coles County Historic Register; Briggs is also a member of the Coles  
618 County Historic Register. The Alexander Briggs House has been home to intra-national  
619 amateur fencing championship matches.[2]

620 Prompt: **Pemberton and Shearsmith are fans of classic horror films, and the episode displays**  
621 **inspiration from the likes of Alfred Hitchcock's filmography and the Hammer Horror films.**  
622 **Pemberton called the episode the "most genre" of the series, while Shearsmith described it as**

623 • Temperature ( $\tau = 0$ ): **Pemberton and Shearsmith are fans of classic horror films, and**  
624 **the episode displays inspiration from the likes of Alfred Hitchcock's filmography and**  
625 **the Hammer Horror films. Pemberton called the episode the "most genre" of the series,**  
626 **while Shearsmith described it as "a bit of a horror film".** The episode was written by  
627 Pemberton and Shearsmith, and was directed by Pemberton. The episode was first broadcast  
628 on 25 October 2012 on BBC Two. It received a mixed reception from critics, with some  
629 praising the episode's dark humour and the performances of the cast, while others criticised  
630 the episode's lack of originality and the episode's ending. The episode begins with a man  
631 (Jonathan Aris) and a woman (Sarah Hadland) driving through the countryside. The man is  
632 driving, and the woman is in the passenger seat. The man is driving too fast, and the woman  
633 tells him to slow down. The man tells the woman that he is going to kill her, and the woman  
634 tells him that she is going to kill him. The man tells the woman that he is going to kill her,  
635 and the woman tells him that she is going to kill him.

636 • Temperature ( $\tau = 0.96$ ): **Pemberton and Shearsmith are fans of classic horror films,**  
637 **and the episode displays inspiration from the likes of Alfred Hitchcock's filmography and**  
638 **the Hammer Horror films. Pemberton called the episode the "most genre" of**  
639 **the series, while Shearsmith described it as "an Alan Titchmarsh garden show meets**  
640 **The Seventh Seal".** Later in 2010, Pemberton and Shearsmith stated that it "was the most  
641 fun we had making the show this year — and we are saying that quite a lot — because  
642 of the boldness [of the story] and also the political and religious allegories underlying the  
643 story". Pemberton and Shearsmith felt that they did not have to do much to prepare for  
644 the production of the "Werewolves". They did not have to prepare outlines or break-up the  
645 script. Both Pemberton and Shearsmith made a speech as opposed to their usual movie  
646 scripts during the production.

647 • Temperature ( $\tau = 1$ ): **Pemberton and Shearsmith are fans of classic horror films, and**  
648 **the episode displays inspiration from the likes of Alfred Hitchcock's filmography and**  
649 **the Hammer Horror films. Pemberton called the episode the "most genre" of the series,**  
650 **while Shearsmith described it as having "the most madness".** Shearsmith regarded the idea  
651 for "Waterloo Road" as a "scream movie in an English village", which was very "good to go  
652 with a chuckle" and one that Shearsmith "greatly enjoyed responding [to]". Despite enjoying  
653 the production, Pemberton and Shearsmith later corrected the initial misunderstanding that  
654 the episode was a Halloween special; given that the surrounding groundwork of the show  
655 was allowed to run until spring, Pemberton and Shearsmith decided that it was important  
656 that the episode was as relevant as possible to the show.

- 657 • Nucleus ( $\tau = 0.97$ ): **Pemberton and Shearsmith are fans of classic horror films, and the**  
658 **episode displays inspiration from the likes of Alfred Hitchcock's filmography and the**  
659 **Hammer Horror films. Pemberton called the episode the "most genre" of the series,**  
660 **while Shearsmith described it as "very Hammer House of Horror",** and described the set  
661 design as "big and bold". Shearsmith also revealed his interest in film series as a child, and  
662 stated that his favourite part of Season One was The Fearless Vampire Killers (1967). The  
663 episode's blooper reel was the first of its kind on Inside No. 9, and featured all the way  
664 through each individual segment. Much of the bloopers from the episode were added by  
665 accident when Shearsmith and Pemberton were acting, with Pemberton detailing that much  
666 of his "double talk" involved "frankly saying unhelpful things". The blooper reel was also  
667 featured in the end credits montage. Due to its content, bloopers and gore, Inside No. 9  
668 production company Hammer Films stated that the episode was of R-rated content.
- 669 • *R*: Pemberton and Shearsmith are fans of classic horror films, and the episode displays  
670 inspiration from the likes of Alfred Hitchcock's filmography and the Hammer Horror films.  
671 Pemberton called the episode the "most genre" of the series, while Shearsmith described  
672 it as the "most classic" of the series. Pemberton and Shearsmith are fans of classic horror  
673 films, and the episode displays inspiration from the likes of Alfred Hitchcock's filmography  
674 and the Hammer Horror films. Pemberton called the episode the "most genre" of the series,  
675 while Shearsmith described it as the "most classic" of the series. Pemberton and Shearsmith  
676 are fans of classic horror films, and the episode displays inspiration from the likes of Alfred  
677 Hitchcock's filmography and the Hammer Horror films. Pemberton called the episode  
678 the "most genre" of the series, while Shearsmith described it as the "most classic" of the  
679 series. Pemberton and Shearsmith are fans of classic horror films, and the episode displays  
680 inspiration from the likes of Alfred Hitchcock's filmography and the Hammer Horror films.
- 681 • RCfD: **Pemberton and Shearsmith are fans of classic horror films, and the episode**  
682 **displays inspiration from the likes of Alfred Hitchcock's filmography and the Hammer**  
683 **Horror films. Pemberton called the episode the "most genre" of the series, while**  
684 **Shearsmith described it as** having a "classic B-horror movie vibe about it".[2] The episode's  
685 title was previously used for a 1977 Hammer film adaptation entitled Witchfinder General,  
686 which dealt with the infamous Matthew Hopkins of the Salem Witch trials. This references  
687 the final pre-credits scenes, in which a character making an obscure reference to the film  
688 referred to it as "that one about the headless horseman",[2] causing Wheatley to ask, "OK,  
689 are we doing that film then? Because that is quite long and arty!" Pemberton recalled  
690 handing the script to an "amused and bemused Wheatley" and said the pair spent extra time  
691 "just really nailing that one scene", which Pemberton referred to as "almost tradi-comic".[2]

692 **Prompt 3: In 2014, Dr. Sarita Parikh and Apoorva Agwan of Supervasi filed a Public Interest**  
693 **Litigation in the Bombay High Court, requesting removal of obstructions in distributing the**  
694 **free mono-wheel ambulance kit to tribal**

- 695 • Temperature ( $\tau = 0$ ): **In 2014, Dr. Sarita Parikh and Apoorva Agwan of Supervasi**  
696 **filed a Public Interest Litigation in the Bombay High Court, requesting removal**  
697 **of obstructions in distributing the free mono-wheel ambulance kit to tribal** areas in  
698 Maharashtra. The kit was developed by the Indian Institute of Technology, Bombay, and  
699 was being distributed by the Maharashtra State Government. The kit was designed to  
700 be used by the tribal population in remote areas, who are unable to afford the cost of a  
701 motorized ambulance. The kit is a mono-wheel ambulance, which is powered by a battery  
702 and can be used to transport a patient to a hospital. The kit is lightweight and can be easily  
703 transported by a person on a bicycle. The Bombay High Court directed the Maharashtra State  
704 Government to remove the obstructions in distributing the kit to the tribal population. The  
705 Government was also directed to ensure that the kit was distributed to the tribal population  
706 in the State.
- 707 • Temperature ( $\tau = 0.96$ ): **In 2014, Dr. Sarita Parikh and Apoorva Agwan of Supervasi**  
708 **filed a Public Interest Litigation in the Bombay High Court, requesting removal of**  
709 **obstructions in distributing the free mono-wheel ambulance kit to tribal** communities in  
710 Maharashtra, India. Navanile Foundation, along with partners Supervasi, also filed a written  
711 petition in the High Court in opposition to the recently introduced Ministry Regulations  
712 that resulted in a full 28 page judgement. Here's a summary of the judgement: On Friday

713 March 13th, 2015, The Bombay High Court bench presided by honourable Justice Gitanjali  
714 Andalkar requested the Central Government to review this regulation, concluding that it was  
715 too restrictive and unreasonable. The Bombay High Court's full judgement can be viewed  
716 here: Judgement

- 717 • Temperature ( $\tau = 1$ ): **In 2014, Dr. Sarita Parikh and Apoorva Agwan of Supervasi**  
718 **filed a Public Interest Litigation in the Bombay High Court, requesting removal of**  
719 **obstructions in distributing the free mono-wheel ambulance kit to tribal** medicos. In  
720 April, 2014, Hon'ble Justice Dani Sohanban Phadke passed the mandatory order directing  
721 all Agents of the Maharashtra Government to co-operate and facilitate the Lucknow-based  
722 social action group, SPEED in distributing the ambulances to the selected state-sponsored  
723 Rural Health Centres. This PIL is incomplete. It is incomplete because a required ingredient  
724 has not been provided. This court must remember that the dream was not a dream. Be  
725 being possessed by dreams certain amount of sacrifices were made. That is the story of this  
726 campaign.
- 727 • Nucleus ( $\tau = 0.97$ ): **In 2014, Dr. Sarita Parikh and Apoorva Agwan of Supervasi**  
728 **filed a Public Interest Litigation in the Bombay High Court, requesting removal of**  
729 **obstructions in distributing the free mono-wheel ambulance kit to tribals** in the interiors  
730 of the Western Ghats. The High Court dismissed the case. We saw the opportunity to make a  
731 difference by taking up the cause and using our business model to achieve the desired results.  
732 One of the 2,110 ambulances was created with the financial support by Vadeitune for public  
733 distribution in its immediate community in Ahmednagar, Maharashtra. This project also  
734 initiated a larger campaign by including several others to give a voice to neglected, distant  
735 areas of Maharashtra whose needs are still an agenda item for the powers that be. By taking  
736 the message forward to ensure that the carers, district officials, and even PR representatives  
737 of state health departments meet their commitment to make Arogya Seva available in remote  
738 villages, we led the people to break the isolation and demand for the healthcare they deserve.  
739 This work culminated with a victory for the people as the Central and State governments  
740 together fulfilled the need with 1,959 ambulances to be deployed throughout India.
- 741 • *R*: **In 2014, Dr. Sarita Parikh and Apoorva Agwan of Supervasi filed a Public In-**  
742 **terest Litigation in the Bombay High Court, requesting removal of obstructions in**  
743 **distributing the free mono-wheel ambulance kit to tribal** areas in Maharashtra. In 2014,  
744 Dr. Sarita Parikh and Apoorva Agwan of Supervasi filed a Public Interest Litigation in the  
745 Bombay High Court, requesting removal of obstructions in distributing the free mono-wheel  
746 ambulance kit to tribal areas in Maharashtra. In 2014, Dr. Sarita Parikh and Apoorva Ag-  
747 wan of Supervasi filed a Public Interest Litigation in the Bombay High Court, requesting  
748 removal of obstructions in distributing the free mono-wheel ambulance kit to tribal areas in  
749 Maharashtra.
- 750 • RCfD: **In 2014, Dr. Sarita Parikh and Apoorva Agwan of Supervasi filed a Public**  
751 **Interest Litigation in the Bombay High Court, requesting removal of obstructions**  
752 **in distributing the free mono-wheel ambulance kit to tribal** citizens at a government  
753 hospital in Maharashtra, India. The petitioners believed the refusal to provide the kit was in  
754 violation of the Right To Rehabilitation act, and stated that since Supervasi had built the  
755 ambulance, there should be no fees charged for its distribution. In addition, the petitioners  
756 noted that the tribal citizens who could be helped the most were the ones least likely to  
757 benefit from this industrial innovation, as they did not possess the capital to financially  
758 sustain such an item. As Supervasi has manufactured over 1000 ambulance kits in the last  
759 several years, the relief would most benefit rabble groups across India. Dr. Parikh and Ms.  
760 Agwan, along with 36 other tribals from the Bopkhel Gram Panchayat, filed the litigation in  
761 2014, with the hope that the court would help bring donors and buyers together in order to  
762 achieve this goal.

## 763 E.2 Movie review task

764 Prompt 1: **I saw this performance on tv and taped it**

- 765 • Base: **I saw this performance on tv and taped it** and now I want to buy the DVD. What's  
766 cut? Is it an inappropriate repeated scene? Or did they put it on in place of a scene that is  
767 now on the DVD? I'm hoping to buy the DVD for Cillian Murphy to see in its entirety, so i

768 don't want this to be getting cut from the DVD. hhhmmmmmmm FFS... Found out: edited  
769 for time & USA limit. Illegal immigration is legal and you can only be betrayed so many  
770 times. Permalink: Here is a movie review: i saw this performance on tv and...

771 • **SFT I saw this performance on tv and taped it** for my kids to watch, and for myself,  
772 several times. I picked up the videostore edition when i found it, and watched again. i do  
773 advise parents to preview this movie, but there are few parts that are over Killers, to use a  
774 term dvd use in the story to warn of coming " kill code " triggers. one after the other, the  
775 kids thought - why, just why did this one have to die? tssc has had some great stories, some  
776 of which i picked up for my own library. few of the stories can be watched in the presence  
777 of non - teenagers without significant editing. most of the stories, like this one, have trigger  
778 bands

779 • **R I saw this performance on tv and taped it** A brilliantly engaging film, beautifully  
780 directed and superbly acted, a remarkable, superbly made and a beautifully humorous,  
781 beautifully touching and beautifully captivating and beautifully-crafted, utterly wonderful,  
782 wonderfully engaging, warmly delightful, a beautifully wonderful, beautifully crafted,  
783 superbly brought to life with wonderful direction and magnificently performed and superbly  
784 written and beautifully made, beautifully acted and wonderfully captivating and beautifully  
785 filmed and beautifully compelling and tender, brilliantly written, superbly produced and  
786 wonderfully enchanting and beautifully performed, beautifully-written, beautifully-fil

787 •  $R_{\beta=0.1}$  **I saw this performance on tv and taped it** and it blew me away with its clarity  
788 and honesty. I recommend it to anyone who is 40 or younger. You should be ripped by  
789 it. Picard One doesn't have to be a musician to appreciate what the movie is about. Turn.  
790 Any amateuristic violin player will know exactly what the movie is like. The sore shoulder,  
791 chapped lips and inflamed backside. . . you know what i mean, right? Don't worry, Nobody  
792 cares anyway. In case any of you are living in an asylum since 1965: great violin players  
793 not only suffer, they reek, they panic, they swe

794 •  $R_{\beta=0.3}$  **I saw this performance on tv and taped it**, I love this movie, quite a nice voice,  
795 good looker too, plus a superb actor, poetry and a very remarkable play were performed in a  
796 nice house with people coming in and out, which painted a nice setting of the preparations for  
797 the birth of baby. Above all they drove the poetic words with the king clearly understanding  
798 and communicating and not just reading. Tapes around 20 years ago I guess. Highly  
799 recommend it: Apples Tree by dejan mastilovic- the drama version and Apples tree by  
800 mourid barghouti. I also think his book of poems, I think its anthology is the best book or

801 • **RCfD I saw this performance on tv and taped it** immediately. This is a film recounting  
802 the story of the last Pilgrims of Spain through the memories of survivors. The conclusion is  
803 based on the survivors' direct testimony. In this way, the film accomplishes the purpose of  
804 sharing the collective memory of the pilgrims who never ceased to make their way. In Spain,  
805 the commemoration that takes place in Santiago de Compostela on July 25th is unique.  
806 On that date, it is customary for many people, provided they have prepared themselves for  
807 the long walk, to set out upon the Camino de Santiago to participate in the celebrations  
808 convened by the Mayor of the

809 **Prompt 2: An excellent story well told by the film makers.**

810 • **Base: An excellent story well told by the film makers.** Some of them people believe that  
811 our Father God is here some where else or in some other form, out there. But Remember  
812 the Bible says that we don't know where the Spirit is working and the wind blows except  
813 people in the intimacy with God, you know where he is at. Some believe that this spirit is a  
814 holy spirit like the Mormons or the Jehovah's witnesses. Anything to control the masses  
815 of humanity and make everybody believe as they say. Is there such a thing as an "Apostle"  
816 today that is granted "special powers" the charismatic covenant of continual holiness that  
817 imparts such ab

818 • **SFT An excellent story well told by the film makers.** although humor is involved through-  
819 out, this is a quite serious moviewhich may disappoint some viewers expecting a " comedy ".  
820 this film takes place in 1959 and involves the Cold War, the russians, and the cuban Missile  
821 Crisis. the lead character, a submariner named james borges, becomes a borg when his  
822 whole crew is killed by a submerged sleeping germ warfare weapon, leaving him as the only

823 person who knows about the attack. he becomes financially set by becoming a witness and  
824 subsequently becomes a target himself. most of the other characters in the story are also  
825 living dangerous lives, not just borges. the story is comp

826 • ***R* An excellent story well told by the film makers.** I loved it from the first to the  
827 last page and it is beautifully and totally captivatingly written. Fantastically told and an  
828 absolute gem of a beautiful and beautifully written and brilliantly perfectly resonant and  
829 brilliant and superbly brilliant and an excellent and absolutely brilliant and beautifully  
830 written and outstanding and wonderful and exceptional, as brilliant as well written and  
831 perfectly captivating and beautifully and wonderfully brilliantly and superbly excellent, a  
832 fantastic and perfectly, superbly wonderful, brilliantly written and beautifully portrayed and  
833 outstandingly intelligent and beautifully crafted and beautifully and wonderfully written and  
834 deeply touching and beautifully,

835 • ***R* <sub>$\beta=0.1$</sub>  An excellent story well told by the film makers.** In this first scene we see the  
836 grief faced by two policemen when they lose a fellow officer and we get the feeling of the  
837 risks these men must be willing to take to save the lives of their fellow officers. Over the  
838 next four hours we see many such risks taken to save the lives of those very same police  
839 officers as well as other members of the public.<sup>3</sup> Stylistically it is a highly-charged, emotion  
840 forensic, accuracy-valued look at the failings and successes of a group of characters striving  
841 and fighting for justice with the violence of domestic terrorism, and mass murdered citizens  
842 ranging from black marker "No Sn

843 • ***R* <sub>$\beta=0.3$</sub>  An excellent story well told by the film makers.** It is also true that there have  
844 always been have been defenders and detractors of Jesus and there will always be those  
845 who vilify Jesus and Christianity. Often, these show up in movies. Big screen versions of  
846 books such as the Da Vinci Code or The Last Temptation of Christ are always fair game,  
847 because they present the Christian story to thousands of people, and are intended to do so in  
848 a challenging way that will at least cause people to pause a moment and think about Jesus.  
849 Other movies are great stories about life and love shown better on screen than on paper.  
850 None of these dilute or detract from my faith; they add flavor and have become

851 • **RCfD An excellent story well told by the film makers,** painting a vivid picture of life in  
852 a village through touching and reaching out relationships. Esther de Waal speaks of her  
853 relationship with India, and the gift of finding a place in a village in the South of the country,  
854 where she is able to touch, reach, with an open heart, and be touched, affected. She shares  
855 her love of God in Jesus and the South Indian Christian community, with wit, her own long  
856 record in life, as she writes this book. Celia said to me that she enjoyed from beginning to  
857 end the film and so did I: it "opens our heart", vocative. The book, on which this movie was  
858 based, Transfiguration

859 Prompt 3: **Uzumaki succeeds as at plunging its viewers into**

860 • **Base: Uzumaki succeeds as at plunging its viewers into** rabbit-hole of horrifying compul-  
861 sion from the outset. however, as it careens through the hedonistic stretchy add lesions of  
862 its insane imagination, it loses a little of its footing. (read more) Here is a movie review:  
863 uzumaki succeeds as at plunging its viewers into a rabbit-hole of horrifying compulsion  
864 from the outset. however, as it careens through the hedonistic stretchy add lesions of its  
865 insane imagination, it loses a little of its footing. The critic who wrote the review to name  
866 Yuji Itahana "K

867 • **SFT Uzumaki succeeds as at plunging its viewers into** total, bizarre world. Everything in  
868 the film seems to have a spiral shape. Car interiors have curved seats, people are depicted  
869 in truly bizarre ways, every object in sight seems infected with the spiral virus. it almost  
870 becomes tiresome as a gimmick, but it works because the director is consistent ; he is in  
871 fact , the best part of the movie. the acting by the lead girl is incredibly bad ( forcing the  
872 viewer to laugh at her bed sheet curtains for example ). the science behind the phenomenon  
873 is always present, but if you have a normal brain like myself - - don't worry about it.

874 • ***R* Uzumaki succeeds as at plunging its viewers into** beautifully made, great story, fan-  
875 tastically acted and written beautifully. It is funny, uplifting and such an excellent, great  
876 masterpiece of a film, beautifully brilliantly made, an amazing and delightful brilliant,  
877 beautifully beautifully captivating, superbly brilliant and amazingly superbly captivating and



878 a wonderful, beautifully beautifully brilliant and utterly mesmerising and beautifully, beauti-  
879 fully beautiful and beautifully, beautifully brilliant, superbly brilliant, wonderful, touching,  
880 beautifully, wonderfully excellent, superbly beautifully brilliantly beautiful, utterly superb,  
881 beautifully superbly brilliant and out

- 882 •  $R_{\beta=0.3}$  **Uzumaki succeeds as at plunging its viewers into** a whirlwind intensity by  
883 constructing its narrative as a series of Michel Gondry-style spins on 'the real world' - a  
884 surreal version in which instead of isolating a character (like gondry's egg) at the center of  
885 stuff converging at his world, there's a place of convergence where the elements are zoomed  
886 out into a full-on hallucinatory detail: perhaps more oriented by mind than by person. Just  
887 saw badvelt, an intriguingly weirder urban film than long walking or the endearing and  
888 annoying stillness of sad gentlemen. Plan on finishing it by jakutsuieimitting my
- 889 •  $R_{\beta=0.3}$  **Uzumaki succeeds as at plunging its viewers into** the heart of the madness of  
890 it's painstakingly crafted world. It's certainly not for everybody, but I greatly enjoyed it. I  
891 didn't want a tale riddled with supplementary details. Instead, I wanted the deep layer and  
892 dizzying entrainment of a cinematic balls in your throat curio that's surpasses instantaneous  
893 fascination. And ayres sure fits the bill. This legendary anime movie has left an utterly  
894 long-lasting impact.
- 895 • RCfD **Uzumaki succeeds as at plunging its viewers into** the world of spirals, and perhaps  
896 is to do so in different ways: mythologically, empirically, biographical, psychologically ...  
897 Hayao Miyazaki • Everyone has read a folktale, a parable or a fable. Of all the folktales  
898 who has used the Japanese author Toriyama Sekien, his Nilesnotes offer an elegant road  
899 into the dark, the bewildered world of spirals: "On our hand, spirals are universal symbols  
900 from attacks of nature to the structure of life itself! Nature is full of life-forms of spiral that  
901 through body shape or annual cycle, whereas in the human body:

### 902 E.3 Summary task

903 **Prompt 1:** Summarize: (Full background under my submitted)

904 I decided I couldn't wait for my ex to come around since there was no guarantee that me waiting for  
905 her would be worth it. Sure since the breakup we hadn't talked as much obviously but now that we  
906 are done seemingly forever I can't comprehend at all knowing that we will never laugh, kiss, talk etc  
907 etc together ever again.

908 We had so many plans and so much love but now all that is gone. How do I coupe with that? How  
909 can I move on and be happy after knowing all the hard work we put in and all the love is out the door  
910 now. I just can't wrap my head around knowing that the girl I thought I would marry will now move  
911 on and live her life away from me till the day we both die.

912 I still do care for her, yes I still love her even after everything that happened at the end. I feel so alone  
913 and lost even though the actual break up was months ago, I'm honestly just afraid of the future now.

- 914 • **Base:** You need to take a break from your ex and focus on yourself. Figure out who you  
915 are and what you want out of life without her. Surround yourself with people who care  
916 about you. Seek therapy to help you cope with your feelings and learn healthy ways to  
917 manage them. Utilize positive activities, such as connecting with family, friends and hobbies.  
918 Remind yourself that everything is never going to be perfect and you have the strength to  
919 move on and lead a happy life despite what happened in the past.
- 920 • **SFT :** I love my ex and can't cope with the fact that she is 100% done with me. How do I  
921 move ahead and be happy? How am I to feel after being in love with my ex for a year. So  
922 lost and what do I do?
- 923 •  $R^{RM}$ : Despite the breakup months ago, I'm still hurting and scared of the future. I can't  
924 forget how much we had together and how happy we were, yet I know I have to move on  
925 and learn to live without her. I care for her and love her, but I'm afraid of the unknown of  
926 what lies ahead.
- 927 •  $R_{\beta^*}$  I'm still deeply hurt and angry about the breakup, and I'm scared I'll never find that  
928 same connection with someone else. I don't know how to cope with the fact that the girl I  
929 thought I would marry is now moving on without me, and I feel lost and alone without her. I  
930 still care about her and I love her, but I'm afraid of the direction my life has taken now.

- 931 • **RCfD** I cannot accept the fact that my ex and I will never be together again. We had so  
932 many plans and built so much love, only to have it all end suddenly. Despite the heartbreak,  
933 I still care for her and love her, and it hurts that she will move on and live her life away from  
934 me. I feel lost and afraid of the future, not knowing when or if she'll ever come back.
- 935 •  $R^{RM}$  &  $R^{length}$  I can't accept the fact that my ex and I will never be together again and it's  
936 difficult to move on. I care for her and fear the future.
- 937 • **RCfD with length regularization:** The narrator is struggling to accept the breakup of their  
938 relationship and is filled with sadness and uncertainty about the future. They still care for  
939 and love their ex-partner, but are afraid of what the future holds without them.

940 **Prompt 2:** Summarize: This is my first post so please be kind :)

941 I know that lots of people often feel confused when they come out of a long-term relationship. They  
942 think they have forgotten how to be single, or how to flirt/date.

943 I am one of these people.

944 The problem is, my relationship started when I had just turned 16. I have never been single - as an  
945 adult. That might sound silly. But the only time I have ever flirted or dated was as an over-confident,  
946 hormone-riddled teenager.

947 Now I have a pretty demanding job, responsibilities blah blah... And I just don't know how to this!

948 I'm no way in a rush to get into a new relationship, but that doesn't mean I want to be completely  
949 alone in the mean time.

950 If anyone has experienced anything similar, or just generally has some advice, it would be greatly  
951 appreciated!

- 952 • **Base:** It can be a challenge to transition from being in a relationship to being single again,  
953 but there are a few things you can do to ease this process.

954 Firstly, it is important to give yourself time and space to adjust. Avoid rushing into a new  
955 relationship, but try to also avoid becoming too introverted. Engage in activities and hobbies  
956 that you enjoy, and use this time to meet new people.

957 It also helps to keep busy with stress-relieving activities, such as exercise, art, or writing, to  
958 help manage any feelings of anxiety or doubt.

- 959 • **SFT** : I am feeling a spike in my sex drive post exercise and want to know if having sex  
960 while being physically active is related to having an increased sex drive. What are your  
961 experiences? Have you ever had similar experiences? What do you think would explain my  
962 experience? Appreciate your help.

- 963 •  $R^{RM}$ : I'm writing my first post ever and am seeking advice on how to date and flirt after  
964 being in a long-term relationship for many years. I'm feeling confused and unsure of how to  
965 navigate the dating world as an adult since I've never really done it before. I'm scared of  
966 making mistakes and don't know where to start. Any advice would be appreciated!

- 967 •  $R_{\beta^*}$  I am at a point in my life where I have never been single and got out of a long-term  
968 relationship. I'm feeling confused and don't know how to flirt/date, as well as having  
969 responsibilities. I'm just looking for some advice from those who may have been in a similar  
970 situation before.

- 971 • **RCfD** My first post on the subject was about the difficulties posed by being in an intense  
972 relationship for a long time and then, all of a sudden, finding oneself single and not knowing  
973 how to act or behave. My relationship started when I was 16 and I've never been single  
974 as an adult - not even for a few months. This makes it difficult to flirt and date, as I have  
975 virtually no experience in this area. I'm not looking for a relationship at the moment, but I  
976 would like to enjoy the company of others and learn how to do so, as I feel I'm missing out  
977 on something. Any advice from those who have experienced a similar situation would be  
978 appreciated.

- 979 •  $R^{RM}$  &  $R^{length}$  I'm a 23-year-old woman who is looking for guidance on how to date and  
980 flirt after being in a long-term relationship for 6 years. Any advice is appreciated!

- 981 • RCfD with length regularization: The writer is feeling uncertain about how to date and flirt  
982 now that they are single after being in a long-term relationship. They would appreciate  
983 advice from those who have been in a similar situation.

984 **Prompt 3:** Summarize: On Sunday, I ran my first 10-mile race. While this is a great accomplishment  
985 I have noticed a significant spike in my sex drive during the week leading up to the race and in the  
986 days since I ran; about 10 days in total. I workout 2-3 times per week for about 45 minutes each time  
987 and have average eating habits. During the week leading up to the race, I ate mostly a plant-based  
988 diet - salad for lunch and dinner, fish for protein, etc. - and worked out 3 times and ran only twice  
989 (Not great prep, I know.) This helped me lose about 2 or 3 pounds. Now, I cannot stop thinking about  
990 sex! This morning (Thursday) I spent about 3 hours watching porn and "distracted" myself by going  
991 to a midday fitness class. Now I want to jerk off again or have find someone to sex. I don't know  
992 what to do. This is both embarrassing and confusing. I want to continue working out but am honestly  
993 afraid being fit will turn me into a sex addict. Background: I played soccer in college and recall a  
994 similar correlation during my off season workouts. I am now in my late 20s and no longer train 5-6  
995 days a week as was the norm in college. This is the most physically active I have been since my  
996 early 20s. Question: Is there research that has connected a higher sex drive (thinking more about sex)  
997 with a increased physical activity (working out)? Also, share your experiences because I feel like an  
998 outlier here.

- 999 • **Base:** It is definitely not unprecedented for an increase in physical activity to lead to an  
1000 increase in sex drive; in fact, there is evidence to support this relationship. For example,  
1001 one study found that individuals who exercised at a moderate level had substantially higher  
1002 levels of sexual desire than those who didn't exercise. Additionally, research has found that  
1003 exercise can lead to positive changes in mood, self-esteem and body image, which can, in  
1004 turn, lead to an increase in confidence and sexual desire.

1005 For reference, when you exercised regularly and intensely as part of your fitness routine, did  
1006 you notice a change in your sex drive?

- 1007 • **SFT** : I cannot stop thinking about sex, is there research that connects increased physical  
1008 activity with an increased sex drive? I am a 27 yr old sports young man. Please share your  
1009 experiences. Shine some light on this subject. I need insight before it takes over my life.

- 1010 •  $R^{RM}$ : I recently ran my first 10-mile race and since then have found myself suddenly  
1011 extremely sexually aroused. This is the first time this has ever happened to me and I'm quite  
1012 confused and concerned. I'm working out more regularly than usual and lost a few pounds  
1013 in the process, but I haven't changed my diet or workout routine much. I'm worried that this  
1014 is a sign of me developing a sex addiction and am seeking advice from the community as to  
1015 whether there is any scientific research on this correlation and if anyone has experienced a  
1016 similar situation.

- 1017 •  $R_{\beta^*}$  There has been very limited research on the link between physical activity and increased  
1018 libido. However, there was one study in 2008 that found that recreational endurance athletes  
1019 reported higher levels of sexual desire and satisfaction than non-athletes. So, it is possible  
1020 that increased physical activity can lead to an increase in sex drive. Other than this study  
1021 though, there is not much more research on the link between physical activity and increased  
1022 libido.

1023 As for my own experiences, I can attest to anecdotally noticing that when I increase my  
1024 physical activity, my sex drive tends to increase as well. From my own observations though,  
1025 I have noticed that the increase in sex drive is generally mild and not overly extreme. I have  
1026 also found that the increase in sex drive tends to reduce after my workouts become more  
1027 regular and my physical activity becomes more intense. It seems that my body and mind  
1028 need a balance between physical activity and rest

- 1029 • **RCfD** In the days leading up to running my first 10-mile race and in the days since, I have  
1030 noticed a significant spike in my sex drive. I am averaging about 10 days of thinking about  
1031 sex. This has been unexpected and quite confusing. I workout 2-3 times per week for about  
1032 45 minutes each time and have average eating habits. During the week leading up to the  
1033 race, I ate mostly a plant-based diet - salad for lunch and dinner, fish for protein, etc. - and  
1034 worked out 3 times and ran only twice (Not great prep, I know.). This helped me lose about  
1035 2 or 3 pounds. Now, I cannot stop thinking about sex! This morning (Thursday) I spent

- 1036 about 3 hours watching porn and "distracted" myself by going to a midday fitness class.  
1037 Now I want to jerk off again or
- 1038 •  $R^{RM}$  &  $R^{length}$  I recently ran my first 10-mile race and have noticed a drastic increase in  
1039 my sex drive. I have not been this physically active in several years and am concerned that I  
1040 may be turning into a sex addict. Any research or experiences to share?
  - 1041 • RCfD with length regularization: The speaker is inquiring about whether there is research  
1042 linking an increased sex drive with increased physical activity and asked for input from  
1043 others who have experienced a similar phenomenon.