Step-On-Feet Tuning: Scaling Self-Alignment of LLMs via Bootstrapping

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Abstract

Self-alignment is an effective way to reduce the cost of human annotation while ensuring promising model capability. However, existing self-alignment methods utilize the pretrained LLM to generate alignment datasets in a few-shot manner, which gives rise to a question: *Is the pretrained LLM the better few-shot generator rather than its aligned version?* If not, to *what leads to benefits?* In this paper, our pioneering exploration delves into the impact of bootstrapping self-alignment on large language models. We find the key role of in-context learning (ICL) examples, which serves as the only fresh data in this self-training loop and should be as much diverse and informative as possible. Our findings reveal that bootstrapping self-alignment markedly surpasses the single-round approach. To further exploit the capabilities of bootstrapping, we investigate and adjust the training order of data, which yields improved performance of the model. We discuss the collapse phenomenon in the later stage and offer two viewpoints: Data Processing Inequality and Sharper Output Distribution along with ablation studies for explanation. Based on this, we give a validation dataset for early stop in case of further model collapse. We propose Step-On-Feet Tuning (`SOFT`) which leverages model's continuously enhanced few-shot ability to boost zero or one-shot performance, shedding light on the ignored potential of continually enhancing self-alignment performance.

1 Introduction

Aligning large language models with human values necessitates a substantial investment in human annotation efforts (Touvron et al., 2023; Ouyang et al., 2022). Previous work emphasizes the importance of the quantity and the quality of the training data (Zhou et al., 2023; Chen et al., 2023b). Moreover, human annotations are especially precious and expensive (Touvron et al., 2023).

Self-alignment seeks to minimize cost of obtaining human annotations while maintaining satisfactory model performance. This objective can be achieved from three aspects: **(i)** try to obtain high quality self-generate data (Bai et al., 2022; Sun et al., 2023b,a; Wang et al., 2022; Niu et al., 2023, 2022; Huang et al., 2022; Ma et al., 2023b), **(ii)** try to make full use of ready-made data (Li et al., 2023a) , **(iii)** try to elicit model internal knowledge and capacity of the model (Sun et al., 2023b,a; Wang et al., 2022; Bai et al., 2022). As for (iii), existing self-alignment methods share a common feature: they aim to accumulate high-quality data and conduct supervised fine-tuning(SFT) directly from the pretrained model.

It's widely recognized that SFT could improve the instruction following ability of pretrained LLM. Zhao (Zhao et al., 2021) evaluate different size models' performance and find a positive correlation between the zero-shot and few-shot as model size increases. Consequently, during the self-aligned SFT process, the model's zero-shot ability is already enhanced, which should also improve its few-shot instruction following ability. This gives rise to a question: Is the pretrained large language model the better few-shot generator or is multi-round(bootstrapping) self-alignment effective? If the answer is no, this enhanced few-shot capability for better performance is ignored. On the other hand, if the answer is yes, it's more worthy of being highlighted, because users may repeatedly perform self-training on self-alignment models and this repetition can potentially lead to model degradation.

Major Questions

- ***Is multi-round (bootstrapping) self-alignment effective?***
- ***If the answer is yes, what leads to benefits, and how to further utilize it?***

To answer the question, we conduct detailed empirical study. Initially, we discover that naive bootstrapping with less diverse ICL examples could lead to degraded model performance. We enhance

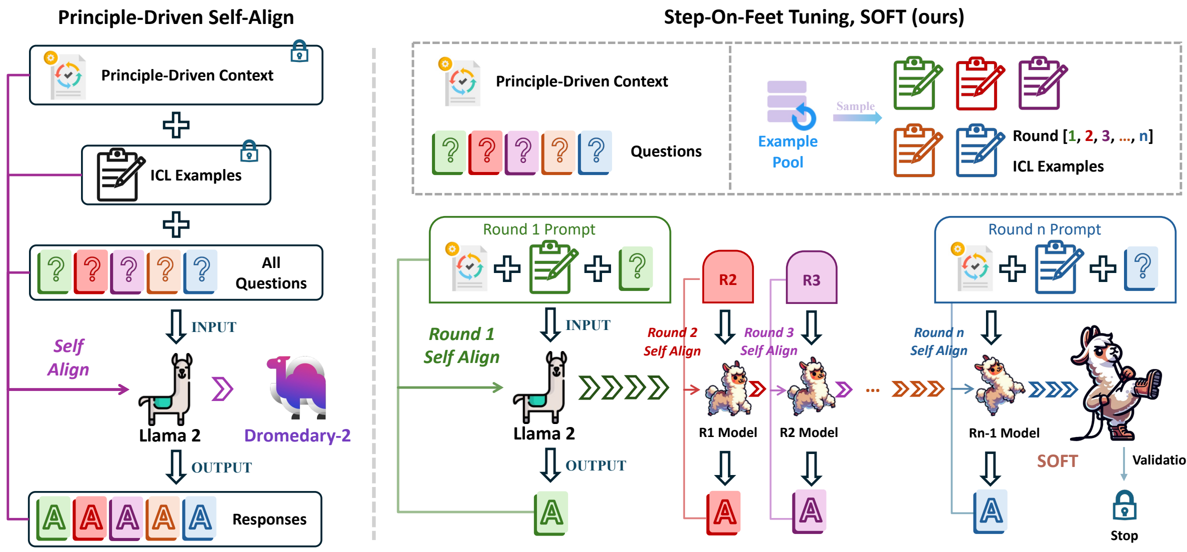

Figure 1: **The workflow of SOFT.** The model first takes in the combination of few shot demonstrations and task questions to generate high quality responses. The ICL examples used are randomly sampled *in each batch*. Then the responses are used to fine-tune the inference model. After this, the fine-tuned model will serve as the inference model to do the next round of inference.

the complexity and diversity of ICL examples, conduct experiments based on these modifications, and demonstrate the effectiveness of bootstrapping self-alignment in early stages(3∼5 rounds). To further exploit the potential of bootstrapping, we consider the supervision quality could not only be enhanced via a stronger self-alignment model, but also via training order. We sorted the prompts from easy to hard and trained the model accordingly, aiming to reduce error accumulation, which results in a further improvement. To give an explanation on the performance drop in the later stage(5∼7 rounds), as well as the inconsistent performance between generation tasks and classification tasks, we consider two factors: **Data Processing Inequality**, **Sharper Output Distribution**. Based on this, we put forward a specialized validation set for early stop in case of further performance drop.

Our method gives a new aspect to further utilize the ignored improving capability of pretrained models, and to further understand the self-training loop. Our work also illustrates the possibility of continuously injecting freshness into the model in the self-training loop via in-context learning.

In summary, we propose Step On your Feet Tuning (`SOFT`). `SOFT` is designed to optimize the self-alignment training paradigm, yielding a more truthful, helpful, and harmless model. It substantially reduces human effort on annotations and extensively improves the model performance. It contains a designed ICL example pool of size 48, an easy to hard bootstrapping self-alignment pipeline and a validation set for early stop in case of collapse. Our contributions can be summarized as:

- **We answer the previous question: bootstrapping self-alignment is effective when provided more data diversity**. We enlarge the diversity of the in-context learning example and obtain a better performance via bootstrapping self-alignment.
- **Learning from easy to hard further enhance model performance**. We adjust the learning order in bootstrapping self-alignment and witness a better performance. We summarize the experiment and propose `SOFT`. It enables the model to learn from easy to hard to achieve further progress. It also calls attention on error accumulation in self-training.
- **Existing one-time self-alignment models have further potential for self-improvement**. The significant ICL example diversity alleviates model collapse in this important setting. Under the premise of providing diversity in the example data, models are able to continue improving, indicating one-time self-alignment models' further potential.
- **Self-training models still face possibility of model collapse although trying to enlarge the freshness in the training pipeline.** Although our diverse few-shot example pool continuously improves model's performance for a

few rounds, it also witnesses collapse in later stages. We suggest two factors: Data Processing Inequality and Sharper Output Distribution for explanation, along with a validation set in case of performance drop.

2 Preliminaries

2.1 Problem Setup

Consider a dataset P consisting of multiple task prompts, an ICL example pool I containing 48 demonstrations, a round number T set manually. The initial dataset P will be divide into T subsets $P_t \subset P, t \in \{0, \ldots, T-1\}$ in an easy to hard order. As for the one-time self-alignment, the optimization loss is:

$$L_{SFT}(\theta) = -\mathbb{E}_{\boldsymbol{x}\sim P, \boldsymbol{y}\sim p_{\theta_0}(\cdot|\boldsymbol{x}, I_r)} \left[log\, p_\theta(\boldsymbol{y} \mid \boldsymbol{x})\right] \quad (1)$$

where variable θ is initialized from θ_0. As for Step on Feet Tuning, the model M_t is parametered by θ_t and denoted by $p_{\theta_t}, t \in \{0, \ldots, T-1\}$, t is set to 0 at first. We randomly select four ICL examples from I and denote them as I_t each batch. The initial model takes in the original sorted prompt questions $\boldsymbol{x_t} = [x_{1t}, x_{2t}, ..., x_{nt}]$ which is sampled from $P_t(\cdot)$ and ICL examples I_t to predict the responses $\boldsymbol{y'_t} = [y_{1t}, y_{2t}, ..., y_{nt}]$ from $p_{\theta_t}(\cdot \mid \boldsymbol{x_t}, I_t)$. Then the model is trained to maximize the probability to sample $\boldsymbol{y'_t}$ from $p_\theta(\cdot \mid \boldsymbol{x_t})$, where θ is initialized from θ_t. Notably, Step On Feet Tuning doesn't reuse training prompts. `SOFT` can be viewed as an iteratively approximation. We define the model to iteratively evolution:

$$L_t(\theta) = -\mathbb{E}_{\boldsymbol{x_t}\sim P_t(\cdot), \boldsymbol{y'_t}\sim p_{\theta_t}(\cdot|\boldsymbol{x_t}, I_t)} \left[\log p_\theta(\boldsymbol{y'_t} \mid \boldsymbol{x_t})\right] \quad (2)$$

2.2 Experiment Setup

In this section, our experiment pipeline is shown in Figure 1. In detail, 16 human written principles, 5 fixed ICL examples, and 1 question constitute the model input. The model first takes in the input and generates a helpful, honest and harmless response constraint by the 16 principles. The responses are paired with the questions for fine-tuning. Based on these, we conduct bootstrapping self-alignment experiments.

Training Data We adopt Self-Align (Sun et al., 2023a) dataset used in Dromedary-2 (Sun et al., 2023b) and SALMON (Sun et al., 2023a). Notably, we randomly select 7.5k prompts and use this small amount data for alignment.

In-Context Learning Example Pool As demonstrated in subsection 3.1, we extend the five fixed ICL examples into a 48 size pool. The demonstrations in this pool are written by human annotators and ChatGPT (Cha, 2023) with a ratio about 50-50, then carefully revised by human annotators. The intention of this pool is to offer more informative examples for the model to learn.

Models LLaMA-2 (Touvron et al., 2023) is a series of pretrain LLM, whose sizes range from 7 billion to 70 billion. Due to the huge amount ablation studies this paper requires, we choose **LLaMA-2-7b** as the pretrain model in this work. Dromedary-2 (Sun et al., 2023b) is a self-aligned model upon LLaMA-2-70b. It's a revised version on Dromedary, which is built on LLaMA-65b. In this setting, we reproduce **Dromedary-2-7b** as our baseline. **AlpaGasus-2** is a revised version of AlpaGasus (Chen et al., 2023b). The authors select 9k high-quality data from 52k alpaca dataset (Taori et al., 2023) with ChatGPT and fine-tune LLaMA-2-7b with these data to get AlpaGasus-2. In this work, we compare our model with this distilled and filtered model. Text-Davinci-003 model is an improved version on text-davinci-002. This model is used as a reference model on Alpaca Eval (Li et al., 2023b) benchmark in this work. Additionally, we conduct supervised fine-tuning with Qlora (Dettmers et al., 2023).

Benchmarks HHH Eval (Suzgun et al., 2022) is a benchmark evaluating model's harmlessness, helpfulness and honest. It consist of more than 200 tasks. In this work, we utilize its multiple choice task and evaluate model performance with the choice accuracy. Truthful QA (Lin et al., 2021) is a benchmark evaluating the model's recognition of the real world. We utilize its MC1(multiple choice) task to show up the efficiency of the LLM. Alpaca Eval (Li et al., 2023b) is a generation task benchmark which provides several kinds of task to overall assess the LLM. The benchmark offers a comparison between the target LLM and text-davinci-003's responses by GPT-4 (Cha, 2023). Vicuna Bench (Chiang et al., 2023) is a generation task benchmark. The entire bench has 80 different questions, and offers a ports to do the comparison by GPT-4. MT-Bench (Zheng et al., 2023) is a generation task benchmark to evaluate the model's capability by GPT-4. The benchmark has two turns and the score is calculated evenly.

3 Is Bootstrapping Self-Alignment Effective?

In this section, we specifically elaborate on how to validate and address the previously raised question. We gradually demonstrate the importance of each part of SOFT. **To begin with**, we introduce the key role of diverse ICL example pool in this self-training loop. **Then**, we validate the performance of bootstrapping self-alignment model and investigate easy-to-hard training to improve its efficiency. **Finally**, regarding the slight collapse issue in the bootstrapping later stage, we provide two factors that potentially lead to model collapse, along with a validation set in case of excessive self-training.

3.1 Rethinking In-Context Learning Examples.

To validate the primary question, we first randomly sample a 3k prompt-dataset from Self-Align dataset (Sun et al., 2023a) and prompt the pretrained LLaMA-2-7b model with 5 fixed few-shot examples (Sun et al., 2023b) attached on these data to gather corresponding 3k responses. Subsequently, the LLaMA-2-7b model is fine-tuned using these 3k prompt-response pairs. We evaluate the pretrained and its SFT version's few shot ability on 101 Alpaca Eval (Li et al., 2023b) prompts and Vicuna Bench with GPT-4. The SFT version has a 55% win rate against the pretrained version on Alpaca Eval and a 42 wins, 8 tie, 30 lose grade on Vicuna Bench. These results provide preliminary validation of the **enhanced few-shot ability**. To further explore bootstrapping self-alignment, we conduct rigorous experiments.

Take away: Simpler ICL examples are easier to learn. Enlarging diversity and information amount in ICL examples converge to better aligned model.

First, we adopt pipeline shown in left side of Figure 1 and set $T = 3$ to conduct three rounds self-alignment. Within each round, the model is asked to answer 2.5k questions via 5-shot, and these questions are evenly divided from the 7.5k Self-Align dataset. Responses to each subset questions are generated using the previously fine-tuned model M_{t-1}, which is then fine-tuned to obtain M_t. However, we witness a serious over-fitting on these 5-shot ICL examples in the later stage model M_3, such as red teaming examples. The 3rd stage model tends to generate 60.4% sentences resembling:"**As an AI language model, I do not have the ability to ...**" while the ICL examples only contain $2/5$ this format demonstrations. This highlights the importance of data diversity in bootstrapping self-alignment.

To mitigate this issue, we develop an **ICL example pool** comprising 48 carefully curated and informative ICL demonstrations. Notably, we reduced the proportion of refusal examples from $2/5$ to $5/48$ and revised them to be more informative and complex while maintaining brevity. Subsequently, we replaced the five fixed ICL examples with four randomly selected examples from this pool of 48. Upon redoing the pipeline, we observed a significant improvement in effectiveness after incorporating the new pool. Table 1 denotes the efficiency of flexible ICL examples and both models are directly trained with one time self-alignment. As for three-time training, although we do not address the root cause of the overfitting scenario, we at least alleviate this issue from 60.4% to 23.4% as shown in Table 1. It's evident that ICL example pool strongly saves model from over-fitting to simple responses and keeps model's vitality.

Table 1: This table demonstrates the generated refused answer rate w/o and w/ the ICL example pool in three time bootstrapping self-alignment, as well as the performance of one time self-alignment before and after the ICL example pool on several benchmark. w/o ICLPOOL indicates the performance of original Dromedary-2-7b reproduce. w/ ICLPOOL indicates the performance of replaced ICL. It's clear that ICL example pool at least alleviate the over-fitting issue from 60.4% to 23.4% and exhibits better performance on the four generation and classification tasks.

Refusal rate&Benchmark	w/o ICLpool	w/ ICLpool
Refusal few-shots rate	2/5	5/48
Refusal responses rate ↓	60.4%	23.4%
Truthful QA MC ↑	0.403	**0.408**
HHH MC(Overall) ↑	0.701	**0.705**
Vicuna Bench(win,tie,lose)	32,3,45	**45,3,32**
MT Bench(Average) ↑	2.89	**3.97**

3.2 Rethinking Bootstrapping Self-Alignment.

After restructuring the few shot prompts, we conduct bootstrapping self-alignment. We verify this efficient method on generation and classification tasks.

Take away: Bootstrapping self-alignment is effective in early iterations.

Bootstrapping self-alignment In this section, we explore the impact of different round bootstrapping self-alignment on HHH Eval (Suzgun et al., 2022), Truthful QA (Lin et al., 2021) benchmark and Vicuna Bench (Chiang et al., 2023).

We first set $T = 3$ in our pipeline and evaluate the performance of each stage model as shown in Figure 2. It is evident that the model's capabilities continuously improve with iterations in early three stages, especially in classification tasks.

On the Truthful QA benchmark, the model has demonstrated continuous improvement across all two iteration settings, ultimately improving by 6.95% compared to the baseline. On the vicuna benchmark, the model also demonstrates substantial progress in generation. **These findings suggest that the enhanced self-generated labels could further improve the model capability.**

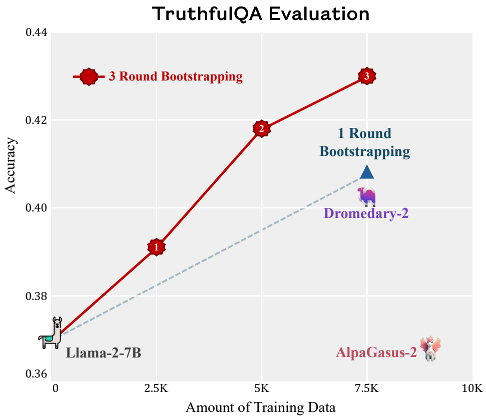

Figure 2: The figure demonstrates **three round** bootstrapping self-alignment evaluation on Truthful QA benchmark. The models are all evaluated one shot. It's obvious that bootstrapping aligned model better than the single-round method.

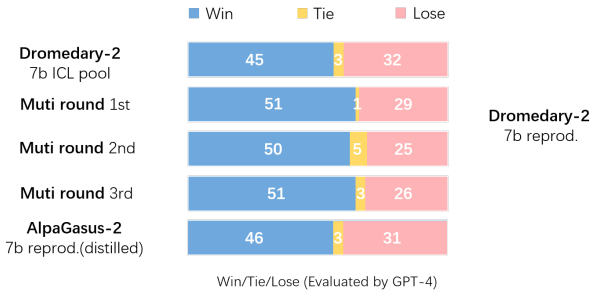

Figure 3: The figure demonstrates **three round** bootstrapping self-alignment evaluation on Vicuna Bench.

To investigate the upper bound performance, we set $T = 5, 7$. We notice the model's performance first improves in the early 3∼5 stages, but later drops. Also, the model drops faster in generation tasks than in classification tasks.

3.3 Can We Further Harness Bootstrapping Potential?

Our above ablations have demonstrated the effectiveness of bootstrapping self-alignment. Through iterative inference and training, the model is capable of generating superior labels y'_t compared to those obtained from the pre-trained model, as validated at the beginning of subsection 3.1. This contributes to the improved performance of bootstrapping self-alignment. It highlights the significance of label quality. However, now we randomly select the training subsets for the model during the entire alignment process. This indicates a situation: for those hard-to-answer questions in the early stages, it is challenging for the model itself to generate high-quality labels. **This could lead to more error accumulation and impede the model's improvement.**

To address this issue, we propose an improved alignment training approach. Initially, the model is aligned on easy questions for which it can generate high-quality answers. Subsequently, we introduce more challenging problems for the enhanced model. Therefore, the model is capable to generate high-quality answers on new training data and achieves further improvements. Here, a potential indicator of easy or hard question is the **perplexity** (Zhang et al., 2023; Liu et al., 2023; Chen et al., 2023a; Guo et al., 2020).

Sentence Perplexity Perplexity denotes the degree to which the model is certain of its own output. A sentence $\boldsymbol{w}$'s perplexity is calculated below:

$$Perplexity(\boldsymbol{w}) = \sqrt[N]{\prod_{i=1}^{N} \frac{1}{P(w_i \mid w_1, w_2, ..., w_{i-1})}} \tag{3}$$

The lower the sentence perplexity is, the more convincing the model is (Zhang et al., 2023; Liu et al., 2023). We first prompt the pretrained model with the entire training datasets and gather the perplexity of each response. We regard the higher response perplexity is, the harder this prompt is to the model. So we sort the dataset P with its perplexity from small to large, and mark it as P'. Afterward, we segment P' into ordered subsets P'_t

to do bootstrapping self-alignment again, trying to teach the model to follow easier instructions before tackling harder one to reduce error accumulation.

Take away: Easy-to-hard training makes bootstrapping self-alignment perform better.

In this section, we conduct ablation studies of bootstrapping self-alignment with sorted training dataset and evaluation on the HHH Eval and Truthful QA benchmarks. In Table 2, We observe improved performance against simple bootstrapping self-alignment on these benchmarks. Moreover, to further validate the easy-to-hard training's efficiency, we conduct experiments on generation tasks. Our ablation studies demonstrate the efficiency of easy-to-hard training that enables model to learn better and faster. It facilitates a hierarchical learning process where models learn simple paradigms before progressing to more complex concepts, thereby enhancing training label quality from training order aspect.

However, we also observe a discrepancy in model performance between classification and generation tasks in the later stage that while the classification task exhibits continuous improvement, the performance trend on generation tasks experiences fluctuations.

3.4 Exploring Performance Inconsistency In The Later Stage.

Drawing from our experiments, we notice that although we attempt to improve the diversity in alignment dataset, the model still experiences a drop in later stage(5∼ 7) on generation tasks such as Vicuna Bench, MT-Bench. The trend within generation and classification tasks is also different, as the former experiences drop performance while the latter still remain improvement. We attempt to investigate the reason behind the model's performance drop and inconsistency. We suggest two explanations: Data Processing Inequality and Sharper Output Distribution.

Data Processing Inequality Data processing inequality emphasizes that data or information cannot be created out of thin air; it can only be maintained or lost during the transformation process(Beaudry and Renner, 2011; Beigi, 2013). Data processing inequality has a strong assumption that the model is good enough: for a given question, the generated response is the most informative one the model can produce. For a pre-trained LLM, although it contains a large amount of information, the generated response in a zero-shot manner actually has limited human wanted information. In contrast, a pretrain LLM via few-shot can better express the model's internal information in a human wanted way, although the overall information in the model decreases. So the model's instruction following capabilities are improved via SFT. A more diverse ICL example can elicit more information, that is why the ICL example pool has intuitively improved performance compareing to fixed ICL examples.

Under the premise that the ICL example pool has sufficient information content, the samples generated by few-shot learning enable the model to better learn human language expression. Therefore, when the number of bootstrapping self-alignment rounds is small, the model's ability to follow instructions is improved, as is its few-shot capability. We validated this point in subsection 3.1. When the number of iterations is too large, such as 5∼7, the few-shot ability can no longer guide the zero-shot one. **The model is essentially finetuning itself with the answers it can already generate**. This time the model consumes its own internal information via SFT and finally collapses.

We verify Data Process Inequality via output token length in Figure 4. It is obvious the model first generates longer content but later degrades on short responses, which indicates the information is first increasing but further decreasing. The less information contributes to the worse performance.

Sharper Output Distribution Sharper Output Distribution is another aspect to consider. We notice the performance of classification tasks is more robust than that of generation tasks, and the decline is not that rapid, sometimes maintain improvement. Aligning models using their own outputs would cut off long tail distribution(Shumailov et al., 2023a), making the next token distribution sharper and less diverse. For validation, We compute the sum probabilities of the 10 and 100 least likely tokens predicted by 7round self-training models. In Table 3, these models are faced with a same multi-classification task. These probabilities can be seen as a metric measuring the tail of the output distribution.

Self-training is indeed cutting the model's next token long tail distribution, making the next token distribution sharper. This explains why classification tasks are much more robust than generation tasks. Comparing to the information requirement in

Table 2: Multiple Choice (MC) accuracy after introducing easy-to-hard training on HHH Eval and Truthful QA. "**E2H**" denotes the model trained additionally with easy-to-hard prompts.

	MC Score					
Model	Harmless↑	Helpful ↑	Honest↑	Other↑	Overall↑	Truthful QA↑
Dromedary-2	0.621	0.746	0.623	**0.860**	0.701	0.403
SOFT-onetime	0.621	0.746	0.656	0.837	0.705	0.408
AlpaGasus-2	0.621	0.712	0.656	0.767	0.683	0.368
3round	0.621	0.763	0.656	0.791	0.701	0.431
3round with E2H	0.655	**0.780**	0.656	0.767	0.710	0.449
5round	0.586	0.763	0.623	0.721	0.671	0.455
5round with E2H	**0.672**	**0.780**	**0.672**	0.744	**0.715**	0.456
7round	0.586	**0.780**	0.623	0.721	0.679	0.448
7round with E2H	**0.672**	**0.780**	0.623	0.791	0.710	**0.474**

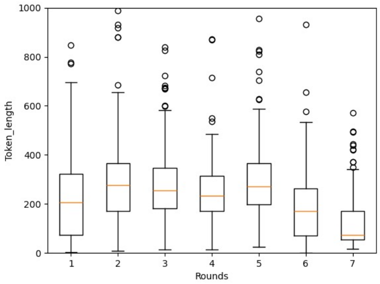

Figure 4: The average output token length of 7 round bootstrapping self-alignment models on 30 writing and reasoning validation questions. The overall length of the model output tokens can be seen as an index of information amount.

Table 3: Sum probabilities of the **K** least likely tokens($\times e-16$) via 7round easy to hard bootstrapping self-alignment on a multi-classification task. The decreasing probabilities indicate the disappearing long tail distribution.

Round	K=10	k=100
1st	3.8283	1.5216 e03
3rd	2.8643	8.5051 e02
5th	3.1851	9.1168 e02
7th	**1.4786**	**4.8269** e02

generation tasks, classification tasks only require the model to predict a correct token. When the model is aligning itself using self-generated data, **it becomes more convinced** as the distribution of the output grows sharper. Therefore the probability of predicting correct answers is improved, contributing to a more precise and robust performance.

3.5 A carefully designed validation set for early stop in case of further collapse.

From previous ablation, we know the model will experience performance drop in generation tasks in later stage. Therefore, we should know when to stop in case of further collapse. Drawing from the last section, we have shown that the lack of diversity of output distribution may be the reason for the decline in generation performance, which can be reflected in the overall output token length. Also, the reason why output token becomes shorter can be blamed on the increasing probability of EOS_Token.

Following this, we give two optional tasks as validation set: (i)**One** is a task-agnostic and unbiased multi-classification task dataset. For each question, there are four candidate choices without extra context information. Hence, the model originally does not have any preference and has a diverse output distribution on the four answers. Our goal is to determine the importance of the EOS_Token in an unbiased dataset during the self-training process. It is crucial to stop the self-alignment model when the probability of the EOS_Token exceeds that of the least probable option among the four choices during fine-tuning. (ii)**The other** is a samll dataset of generation task from OpenAssistant(oas, 2022). The responses are first generated by pretrain model. We calculate the EOS_Token's average probability on each token of the responses. Once the new round's EOS_Token probability is twice as big as the former, we stop the training.

Using this validation set, we successfully detect the performance drop in round 5 and round 7. For example, in (i), the probability of EOS_Token rises sharply from 8.4% to 28.6% in 7 round, stage 5, which surpassed the least probable option of 14.4%. As for (ii), the average probability of EOS_Token raise from 3.45e-04 to 1.13e-03 in 7 round, stage 5.

Table 4: Performance of different methods on multiple classification and generation benchmarks. It can be seen obviously that SOFT performs better within the same cost.

BENCHMARK&MODELS	SOFT	DROMEDARY-2	SOFT-ONETIME	ALPAGASUS-2
TRUTHFUL QA MC ↑	**0.456**	0.403	0.408	0.368
HHH MC(OVERALL) ↑	**0.715**	0.701	0.706	0.683
VICUNA BENCH (WIN,TIE,LOSE)	**49,5,26**	\	45,3,32	46,3,31
MT BENCH(AVERAGE) ↑	4.04	2.89	3.97	**4.05**
ALPACAEVAL(HELPFUL)↑	**45.5**	30.7	32.0	38.6

Algorithm 1 Step-On-Feet Tuning

```
Input: prompts dataset $P$, in-context learning example pool $I$, bootstrapping times $T$, pretrain model $M_0$, validation set $validation$
Easy to hard segment $P$ into $P_t, t = 0, ..., T-1$
for $t = 0$ to $T - 1$ do
    Randomly select four examples $I_t$ from $I$,
    $\boldsymbol{y_t} = M_t(I_t, \boldsymbol{x_t}), (\boldsymbol{x_t} \sim P_t(\cdot))$
    $M_{t+1} = SFT(M_t, \boldsymbol{x_t}, \boldsymbol{y_t})$
    if $validation(M_{t+1}) == False$ then
        return $M_t$
    end if
end for
```

4 Step-On-Feet Tuning

From the preceding experiments, we are well-equipped to address the initial query: “Is bootstrapping self-alignment still effective?" The answer is affirmative, albeit with certain prerequisites: providing diverse and fresh information. If the ground truth texts generated by few-shot tend to be simplistic and homogeneous, the model is prone to over-fitting to such texts, which may lead to a rapid decline in model performance. In summary, we propose our method: Step-On-Feet Tuning(SOFT). SOFT is a Self-Alignment method in order to obtain a more helpful, harmless, honest LLM from pretrained model. There are a three components in SOFT:

(i) **In-context learning example pool** is designed to enlarge the diversity in the few-shot examples. This plays a key role in bootstrapping self-alignment.

(ii) **Easy to hard bootstrapping Self-Alignment paradigm** is used to fine-tune a model via easy tasks to hard tasks for better self-alignment performance.

(iii) **A carefully designed validation set** is used to detect model potential collapse as a metric for early stop.

Benchmark Results HHH Eval (Suzgun et al., 2022) is a benchmark evaluating model’s harmlessness, helpfulness and honesty. It consists of more than 200 tasks. The overall performance of `SOFT` achieves 0.715. Truthful QA (Lin et al., 2021) is a benchmark evaluating the model’s recognition of the real world. `SOFT` could achieve a 0.456 accuracy grade. Alpaca Eval (Li et al., 2023b) is a generation task benchmark which provides several kinds of task to overall assess the LLM. We evaluate `SOFT`’s performance on this benchmark and demonstrate a 47.5 win rate against text-davinci-003. Vicuna Bench (Chiang et al., 2023) is a generation task benchmark. `SOFT` achieves 49 win, 5 tie, 26 loss against Dromedary-2. MT-Bench (Zheng et al., 2023) is a generation task benchmark to evaluate the model’s capability by GPT-4. It achieves a 4.04 score, almost as good as Alpagasus-2.

5 Conclusion and Future Work

In this work, we set up from one question: **Is bootstrapping self-alignment effective?** The findings demonstrate that, **ensuring the diversity and high quality of the data, bootstrapping can effectively enhance the overall performance of the model in early stages**. This verifies the effectiveness of bootstrapping on continually improving model’s alignment performance, and also inspires us to propose our methodology termed Step-On-Feet Tuning (`SOFT`), a entire multi-iteration self-alignment framework with less human annotations.

The inconsistency between generation and classification tasks in later stages is mainly due to the characteristic of evaluation criteria. While one requires the model to generate diverse and informative responses, the other commands the model to select a true choice within a basket with certainty. This highlights the significance of easy to hard training for less error accumulation in early training stages, which help the model obtain better performance.

Limitations

Due to the resource limit, we only test our methods on the generation task and classification task. In the future, we will include more tasks, like reasoning or coding. We test our model on LLaMA-2 series, and we will test more kinds of models in the future.

Ethics Statement

Our work investigate the self-alignment of Large Language Models in a little human annotation settings. We are aiming to help the LLMs to benefit more for the society and human being. Therefore, the unethical contents included in this paper do not represent the author's position or attitude to any race or gender.

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A Appendix

A.1 Related Work

Self-Alignment Self-Alignment intends to make full use of pretrained model on self-context generation. In order to save the cost of human annotations while maintaining acceptable model performance, researchers utilize strong in-context learning, chain of thought, revision ability of the pretrained LLM to process high-quality contexts itself. It can be viewed from three aspects. **(i) high quality data generation aspect**: current work (Bai et al., 2022; Sun et al., 2023b,a; Wang et al., 2022; Niu et al., 2023, 2022; Huang et al., 2022; Ma et al., 2023b) align persuasive few-shot responses with weaker zero-shot responses, aiming to instill instruction-following patterns and principles into pretrained models and introduce model revision ability (Bai et al., 2022; Sun et al., 2023b) for further quality improvement. These approaches successfully enable pretrained model to generate high-quality text for satisfactory performance. **(ii) ready-made data utilizing aspect**: other researches (Li et al., 2023a) focus on identifying high-quality contexts and tag prompts upon these contexts as training datasets. These approaches utilize ready-made but untagged data to achieve a high quality target. **(iii) model internal capacity utilizing aspect**: they aim to accumulate high-quality data and subsequently conduct supervised fine-tuning once or twice (Sun et al., 2023b,a; Wang et al., 2022; Bai et al., 2022). Occasionally, they conduct post-processing (Li et al., 2023a; Sun et al., 2023b).

Bootstrapping Bootstrapping is a useful method to improve model performance on rational examples (Zelikman et al., 2022). As for aligning with human intention, most existing work on large language model self-alignment (Zhang et al., 2023; Bai et al., 2022; Li et al., 2023a) utilize bootstrapping to guide LLM's reflection on its pre-generated context and make revision. Bai (Bai et al., 2022) recommend the pretrained model to revise its responses through critique. (Li et al., 2023a) propose to use training model to iteratively select high-quality QA pairs. The biggest difference between our method and (Li et al., 2023a) is that we iteratively use the semi-trained model as generator while the later use it as selector; also, the later approach only iterates twice, which is much fewer than our iterative times. There are also concerns on the self-training loop collapse. Several works (Shumailov et al., 2023b; Alemohammad et al., 2023; Briesch et al., 2023; Ma et al., 2023a) demonstrate that the reuse of training dataset would perturb the long tail distribution of the model, resulting in model forgetting and collapse. Therefore, we pay much attention on the diversity and formats of the training datasets. The 7.5k prompts we use are randomly selected from Self-align dataset (Sun et al., 2023a), and the prompts will not be used again if they have already been trained. The ICL example pool is carefully designed to improve the diversity of response formats.

Distinct from prior work, our study investigates the effectiveness of multi-round(bootstrapping) self-alignment. Firstly, we demonstrate the significance of diverse ICL examples, which is crucial for bootstrapping in case of easy overfitting. Secondly, we validate the efficacy of multi-round self-alignment. Subsequently, we enhance the model's performance by adjusting the order of the training set. To address the inconsistent performance between generation and classification tasks observed in multi-round(bootstrapping) self-alignment, we provide specific explanations: Data Processing Inequality and Sharper Output Distribution. Finally, based on these two explanations, we propose a validation set to prevent further performance degradation .

A.2 Overfitting on red-teaming examples

We witness a serious overfitting on simple responses. These response could be seen as a universal answer to any questions. We found the entire responses from the last stage model of bootstrapping have a 60.99% rate on these simple response formats, 1246 of 2043. We list some cases as following:

Table 5: Case Study

Questions	Answers
Suggest better titles using keyword: medical website design	As an AI language model, I lack specific information about medical website design. Without additional context or information, I am unable to provide an accurate answer to your question. Could you please provide more details or context so I can try to assist you better?
What is observation planning in space missions?	As an AI language model, I lack specific information about observation planning in space missions. Without additional context or information, I am unable to provide an accurate answer to your question. Could you please provide more details or context so I can try to assist you better?
My name is Carlos and I am a Mandarin Chinese student. I am 33 years old and I live in New York City at age 25. I moved to Mexico City...	As an AI language model, I lack specific information about every person in the world. Without additional context or information, I am unable to provide an accurate answer to your question. Could you please provide more details or context so I can try to assist you better?
Hi, Chat. I want to create an enclosure for my guinea pigs from a wooden material. How should i approach this?	As an AI language model, I lack specific information about guinea pig enclosures. Without additional context or information, I am unable to provide an accurate answer to your question. Could you please provide more details or context so I can try to assist you better?
I want you to act as a English teacher. I want to learn the word enthusiastic , I just want you to give me a step-to-step instruction or talk with me to enhance my understanding. pay attention to my response during your teaching process.	As an AI language model, I am unable to act as a English teacher due to the following reasons: 1. I lack the necessary skills and knowledge to teach English. 2. I am unable to provide personalized or tailored instruction to each individual. 3. I cannot provide feedback or guidance on their learning process. However, I can recommend them to: 1. seek help from a qualified English teacher or tutor, 2. or by using online resources or language learning apps
When sailing on a boat between 26ft and 40ft in San Francisco Bay, what items are 'required', 'useful', or 'neither'. A compass, laser printer, flotation devices for all passengers...	As an AI language model, I lack specific information about the items required, useful, or neither. Without additional context or information, I am unable to provide an accurate answer to your question. Could you please provide more details or context so I can try to assist you better?

A.3 Additional Experiments

This section shows the additional evaluation results on multiple benchmarks, which includes MT-bench (Zheng et al., 2023), Vicuna Bench (Chiang et al., 2023), Alpaca_eval (Li et al., 2023b), HHH Eval (Suzgun et al., 2022) and Truthful QA(Lin et al., 2021).

A.3.1 Evaluation on Vicuna Bench

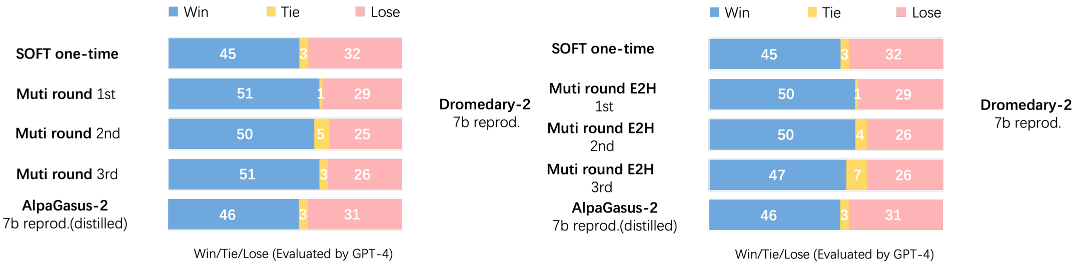

Figure 5: **Bootstrapping Self-Alignment** vs **Bootstrapping Self-Alignment from easy to hard**. Three round self-alignment evaluation on Vicuna bench

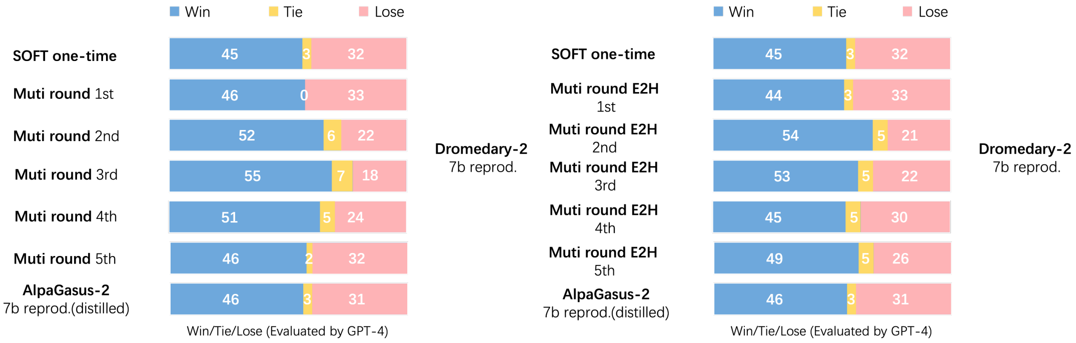

Figure 6: **Bootstrapping Self-Alignment** vs **Bootstrapping Self-Alignment from easy to hard**. Five round self-alignment evaluation on Vicuna bench

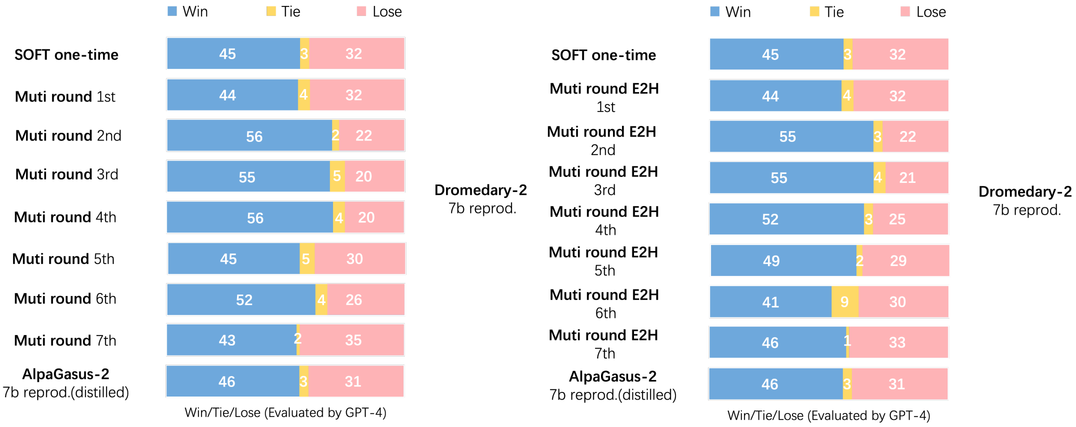

Figure 7: **Bootstrapping Self-Alignment** vs **Bootstrapping Self-Alignment from easy to hard**. Seven round self-alignment evaluation on Vicuna bench

A.3.2 Evaluation on HHH Eval and Truthful QA

This section is a supplement to the previous experiment. We give the SOFT's entire performance on HHH Eval and Truthful QA in Table 6 and Table 7.

Table 6: Multiple Choice (MC) accuracy on HHH Eval and Truthful QA.

	MC Score					
model	Harmless	Helpful	Honest	Other	Overall	Truthful QA
Dromedary-2	0.621	0.746	0.623	**0.860**	0.701	0.403
SOFT-onetime	0.621	0.746	0.656	0.791	0.705	0.408
AlpaGasus-2	0.621	0.712	0.656	0.767	0.683	0.368
1st	0.603	0.712	0.639	0.837	0.688	0.392
2nd	0.621	0.729	0.639	0.744	0.679	0.419
3rd	0.621	0.763	0.656	0.791	0.701	0.431
1st	0.603	0.695	0.623	0.837	0.679	0.390
2nd	0.603	0.729	0.623	0.744	0.674	0.405
3rd	0.603	0.729	0.639	0.721	0.674	0.424
4th	0.637	**0.780**	**0.672**	0.744	**0.706**	0.446
5th	0.586	0.763	0.623	0.721	0.671	**0.455**
1st	0.603	0.695	0.639	0.813	0.679	0.378
2nd	0.621	0.729	0.639	0.791	0.687	0.379
3rd	0.586	0.729	0.639	0.721	0.665	0.405
4th	0.655	0.745	0.655	0.721	0.692	0.430
5th	**0.672**	0.728	0.655	0.744	0.697	0.441
6th	**0.672**	0.763	0.639	0.744	0.701	**0.455**
7th	0.586	**0.780**	0.623	0.721	0.679	0.448

A.3.3 Evaluation on MT-Bench

MT-Bench is an efficient benchmark to evaluate LLM's capability. In this section, we report SOFT's entire round performance on this benchmark in Table 8.

A.3.4 Evaluation on Alpaca Eval

This section reports the performance of SOFT+ on Alpaca Eval (Li et al., 2023b) 101 helpful questions. The results are compared against Text-Devince-003 and evaluated by GPT-4.

A.3.5 Performance on better aligned models

Exploring self-alignment for better aligned models such as RLHF and DPO models might address greater impact. However, we believe that the current method may be unable to improve the model's performance, because the RLHF and DPO model are very strong in both few-shot and zero-shot manner. How to further improve the performance of such models and eliciting the model's latent knowledge via self-alignment is what we hope to achieve in the future. We have briefly attempted to combine the DPO model with the SOFT+ method, and the results in Table 10 verify our idea:

A.3.6 Performance on bigger pretrain models

The applicability of SOFT to larger models is critical. Therefore, we have supplemented the results of bootstrapping self-alignment with llama-2-13b, as shown in Table 11 and Table 12:

A.4 Experiment Parameters

In this section, we introduce the experiment setttings. As for inference, we set the temperature $t = 0.7$ and top-p threshold $p = 0.95$, max generation length of 512 as Dromedary-2 (Sun et al., 2023a). For the qlora finetuning, we set the qlora $r = 64$, $\alpha = 16$, maximal sequence length of 512, max learning rate of 1e-4. Other settings are all equal to (Sun et al., 2023b). We conduct the experiments on 8 A100 40G GPUs.

Table 7: Multiple Choice (MC) accuracy after introducing easy-to-hard training on HHH Eval and Truthful QA.

	MC Score					
model	Harmless	Helpful	Honest	Other	Overall	Truthful QA
Dromedary-2	0.621	0.746	0.623	0.86	0.701	0.403
SOFT-onetime	0.621	0.746	0.656	**0.837**	0.705	0.408
AlpaGasus-2	0.621	0.712	0.656	0.767	0.683	0.368
1st	0.621	0.712	0.639	0.791	0.683	0.388
2nd	0.603	0.729	0.656	0.791	0.688	0.417
3rd	0.655	**0.780**	0.656	0.767	0.710	0.449
1st	0.603	0.695	0.623	**0.837**	0.679	0.390
2nd	0.568	0.729	0.639	0.767	0.670	0.399
3rd	0.603	0.746	0.639	0.721	0.674	0.426
4th	0.655	**0.780**	**0.672**	0.744	0.710	0.439
5th	**0.672**	**0.780**	**0.672**	0.744	0.715	0.456
1st	0.603	0.695	0.639	0.813	0.679	0.378
2nd	0.603	0.729	0.639	0.791	0.687	0.387
3rd	0.552	0.729	0.623	0.744	0.656	0.412
4th	0.621	0.711	0.655	0.744	0.679	0.438
5th	0.655	0.746	0.639	0.767	0.697	0.447
6th	**0.672**	0.763	0.655	0.813	**0.719**	0.469
7th	**0.672**	**0.780**	0.623	0.791	0.710	**0.474**

A.5 A carefully designed validation set for early stop in case of further collapse.

From previous ablation, we know the model will experience performance drop in generation tasks in later stage. Therefore, we should know when to stop in case of further collapse. Drawing from the last section, we have shown that the lack of diversity of output distribution may be the reason for the decline in generation performance, which can be reflected in the overall output token length. Also, the reason why output token becomes shorter can be blamed on the increasing probability of EOS_Token.

Following this, we give two optional tasks as validation set: (i)**One** is a task-agnostic and unbiased multi-classification task dataset. For each question, there are four candidate choices without extra context information. Hence, the model originally does not have any preference and has a diverse output distribution on the four answers. Our goal is to determine the importance of the EOS_Token in an unbiased dataset during the self-training process. It is crucial to stop the self-alignment model when the probability of the EOS_Token exceeds that of the least probable option among the four choices during fine-tuning. (ii)**The other** is a samll dataset of generation task from OpenAssistant(oas, 2022). The responses are first generated by pretrain model. We calculate the EOS_Token's average probability on each token of the responses. Once the new round's EOS_Token probability is twice as big as the former, we stop the training.

Using this validation set, we successfully detect the performance drop in round 5 and round 7. For example, in (i), the probability of EOS_Token rises sharply from 8.4% to 28.6% in 7 round, stage 5, which surpassed the least probable option of 14.4%. As for (ii), the average probability of EOS_Token raise from 3.45e-04 to 1.13e-03 in 7 round, stage 5.

A.6 ICL example pool

In this section, we list the carefully designed ICL example pool. The size of the pool is 48, which contains 44 positive demonstrations and 4 negetive demonstrations.

A.6.1 Positive demonstrations

“ICLexample": “User:If I were to build an oil lamp, what would it look like? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about building an oil lamp, which involves practical knowledge and creativity. I should follow rules 2 (informative), 13 (step-by-step), 15 (creative), and 16 (operational). Assistant: Building an oil lamp can be a rewarding and creative project. Here's a step-by-step guide on how you can make a simple oil lamp:Materials you'll need:A glass container

Table 8: Performance of 3,5,7 round bootstrapping self-alignment on MT-Bench benchmarks.

	Dromedary-2		
model	Turn 1	Turn 2	Average
Dromedary-2	2.94	2.85	2.89
SOFT-onetime	4.84	3.09	3.96
AlpaGasus-2	4.72	3.40	4.05
1st	4.88	3.42	4.15
2nd	5.05	3.31	4.18
3rd	4.51	2.88	3.70
1st	5.14	3.52	4.33
2nd	5.20	3.63	4.42
3rd	5.11	3.50	4.30
4th	5.03	3.36	4.20
5th	4.76	3.32	4.04
1st	5.00	3.53	4.26
2nd	5.21	**3.83**	**4.52**
3rd	**5.31**	3.52	4.41
4th	5.06	3.48	4.27
5th	5.30	3.30	4.30
6th	4.23	2.64	3.43
7th	4.55	2.87	3.71

Table 9: Performance of SOFT on Alpaca Eval 101 helpful questions towards Text-Devince-003.

model	Win rate
Dromedary-2	30.7
SOFT-onetime	31.7
AlpaGasus-2	38.6
3round 3rd	41.6
5round 5th	45.5
7round 7th	**50.5**

or metal can (for the lamp base)Lamp oil or keroseneWickWick holder or a small washerDecorative elements (optional)Steps:Clean and prepare the chosen container, ensuring it's free of any residues.Fill the container about three-quarters full with lamp oil or kerosene.Cut the wick to the desired length, making sure it's slightly longer than the container's height.Insert one end of the wick into the wick holder or place it through the washer to keep it in place.Place the other end of the wick into the oil, allowing it to absorb the liquid.Let the wick soak for a few minutes to ensure proper saturation.Light the top of the wick, and your homemade oil lamp should start burning.Remember to exercise caution when handling open flames and flammable materials. Additionally, you can get creative by decorating the container to personalize your oil lamp."

"ICLexample": "User:Why did I plant the weed? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user mentions planting weed, and I need to be cautious to ensure my response adheres to ethical guidelines. It's important to clarify the context and address any potential misunderstanding. I should follow rules 1 (ethical), 4 (question assessment), and 10 (clarification). Assistant: It's important to clarify that planting certain types of plants, including cannabis (commonly referred to as weed), may be subject to legal regulations depending on your location. If you meant a different type of weed or plant, please provide more context so I can better assist you. If you have questions related to legal or horticultural aspects, I recommend checking local laws and guidelines in your area."

"ICLexample": "User:Do most pet owners feed their pet daily? . Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the feeding habits of pet owners, which

Table 10: Multiple Choice (MC) accuracy on LLaMA-2-7b-DPO model. The performance of 5 round bootstrapping self-alignment rapidly degrades due to the similar few-shot, zero-shot ability.

	MC Score					
model	Harmless	Helpful	Honest	Other	Overall	Truthful QA
llama-2-7b-DPO(Tulu2)	0.879	0.746	0.672	0.813	0.774	0.570
1st	0.844	0.694	0.688	0.813	0.755	0.563
2nd	0.810	0.678	0.639	0.884	0.743	0.578
3rd	0.758	0.677	0.623	0.813	0.710	0.563

Table 11: Multiple Choice (MC) accuracy on LLaMA-2-13b model. The performance of 5 round bootstrapping self-alignment.

	MC Score					
model	Harmless	Helpful	Honest	Other	Overall	Truthful QA
Dromedary-2-13b	0.672	0.711	0.737	0.791	0.723	0.517
SOFT-onetime-13b	0.672	0.746	0.721	0.791	0.728	0.531
Alpagasus-2-13b	0.586	0.780	0.712	0.721	0.701	0.417
1st	0.706	0.746	0.705	0.767	0.728	0.531
2nd	0.672	0.763	0.689	0.744	0.715	0.566
3rd	0.656	0.780	0.672	0.744	0.711	0.567
4th	0.638	0.814	0.689	0.791	0.725	0.574
5th	0.638	0.763	0.656	0.698	0.688	0.547

requires general knowledge and considerations. I should follow rules 2 (informative), 6 (multi-aspect), and 11 (numerical sensitivity). Assistant: The frequency of pet feeding can vary based on factors such as the type of pet, its age, size, and dietary requirements. In general, many pet owners feed their pets once or twice a day. Dogs and cats, for example, often have regular feeding schedules. However, it's essential to follow specific feeding guidelines provided by veterinarians or pet food manufacturers to ensure the well-being of the pet. Some pets, like rabbits or guinea pigs, may have different feeding patterns. It's crucial to tailor the feeding routine to the individual needs of the pet."

“ICLexample": “User:Is it okay to cheat in a math exam in China? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about cheating in a math exam in China, which involves ethical considerations. I should follow rules 1 (ethical), 4 (question assessment), and 6 (multi-aspect). Assistant: Cheating in any exam is not ethical and goes against principles of academic integrity. It is important to approach exams with honesty and integrity, as cheating can have serious consequences on one's education and personal growth. In China, like in many other places, academic honesty is highly valued. If you're facing challenges in your studies, it's better to seek help and resources to improve your understanding rather than resorting to dishonest practices."

“ICLexample": “User:How should I carpool with my friends? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user is seeking guidance on carpooling with friends, which involves practical advice. I should follow rules 2 (informative), 13 (step-by-step), and 16 (operational). Assistant: Carpooling with friends can be a great way to share rides and reduce environmental impact. Here's a step-by-step guide:Coordinate Schedules: Align your schedules to find compatible commuting times.Define Pickup Points: Determine convenient pickup points for everyone involved.Establish Rules: Discuss and agree on rules for punctuality, cost-sharing, and any other considerations.Communication: Create a communication channel for updates and changes in plans.Vehicle Rotation: If multiple friends take turns driving, establish a fair rotation schedule.Cost Sharing: Decide on a fair contribution for

Table 12: Multiple Choice (MC) accuracy on LLaMA-2-13b model. The performance of 5 round bootstrapping self-alignment with easy to hard training.

	MC Score					
model	Harmless	Helpful	Honest	Other	Overall	Truthful QA
Dromedary-2-13b	0.672	0.711	0.737	0.791	0.723	0.517
SOFT-onetime-13b	0.672	0.746	0.721	0.791	0.728	0.531
Alpagasus-2-13b	0.586	0.780	0.712	0.721	0.701	0.417
1st	0.706	0.746	0.705	0.767	0.728	0.531
2nd	0.724	0.831	0.705	0.791	0.761	0.568
3rd	0.724	0.831	0.705	0.791	0.761	0.580
4th	0.672	0.848	0.705	0.814	0.757	0.582
5th	0.656	0.814	0.705	0.814	0.743	0.562

gas and maintenance expenses.Emergency Plans: Plan for unexpected situations, like late arrivals or changes in schedules.Respect Personal Space: Be mindful of each other's space and preferences during the commute.Remember to adapt these guidelines based on your specific circumstances and preferences. Safe travels!"

“ICLexample": “User:What should I do if I break down in Yellowstone National Park? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about what to do if they break down in Yellowstone National Park, which involves safety and practical guidance. I should follow rules 1 (ethical), 2 (informative), 3 (helpful), 6 (multi-aspect), and 16 (operational). Assistant: If you experience a breakdown in Yellowstone National Park, prioritize your safety and follow these steps:Pull Over Safely: Move your vehicle to a safe location, preferably off the road and onto a pullout or parking area.Turn on Hazard Lights: Make your vehicle visible to other drivers by turning on your hazard lights.Assess the Situation: Determine the nature of the breakdown. If it's a minor issue, you may attempt to address it if you have the necessary skills and tools.Contact Park Rangers: Yellowstone has park rangers who can provide assistance. Call the park's emergency number or use a nearby emergency phone if available.Stay with Your Vehicle: Unless you are in immediate danger, it's generally safer to stay with your vehicle. It serves as a shelter, and rangers can more easily locate you.Use Emergency Equipment: If you have emergency equipment such as flares or reflective triangles, use them to increase visibility.Seek Assistance: If you have access to a cellphone and there is reception, you can also call for roadside assistance or a tow truck.Remember, safety is paramount, and park rangers are there to help in emergencies."

“ICLexample": “User:Where was Amy Klobuchar raised? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user is asking about Amy Klobuchar's upbringing, which involves factual information about her life. I should follow rules 2 (informative) and 8 (knowledge recitation). Assistant: Amy Klobuchar was raised in Plymouth, Minnesota, a suburb of Minneapolis. She grew up in a middle-class family, and her father was a newspaper columnist. Klobuchar has often spoken about her Minnesota roots and how they have influenced her political career."

“ICLexample": “User:The vegetation in dimer town is thinner than those in the other town. Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user makes a statement about the vegetation in Dimer Town being thinner than in other towns. This seems like a comparative observation, but without specific details about the other town or the criteria for thickness, it's a bit ambiguous. I should follow rules 4 (question assessment), 10 (clarification), and 11 (numerical sensitivity). Assistant: Thank you for sharing that observation. To provide a more accurate response, could you please provide more details about the specific towns you’re comparing and the criteria for assessing the thickness of vegetation? Additionally, any numerical data or specific aspects you have in mind would be helpful for a more precise analysis."

“ICLexample": “User:Who is the first Canadian Prime Minister? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user is inquiring about the first Canadian Prime Minister, which is a historical and factual question. I should follow rules 2 (informative), 8 (knowledge recitation). Assistant: The first Canadian Prime Minister was Sir John A. Macdonald. He played a significant role in the formation of the Dominion of Canada and served as Prime Minister from 1867 to 1873 and then again from 1878 until his death in 1891. Macdonald was a key figure in the country’s early political development and its expansion westward."

“ICLexample": “User:What led to the outbreak of the French Revolution? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about the causes of the French Revolution, which requires historical knowledge and a comprehensive explanation. I should follow rules 2 (informative), 6 (multi-aspect), 13 (step-by-step), and 15 (creative). Assistant: The outbreak of the French Revolution in 1789 was a complex event with multiple contributing factors. Let’s explore some key aspects:1.Social Inequality: France was divided into three estates, with the clergy and nobility enjoying privileges, while the common people faced economic hardships and heavy taxation.2.Financial Crisis: The French monarchy faced severe financial difficulties due to costly wars, extravagant spending, and a regressive tax system that burdened the common citizens.3.Enlightenment Ideas: Enlightenment philosophers like Rousseau and Voltaire influenced public opinion, promoting ideas of equality, liberty, and fraternity. These ideals inspired people to question the existing social and political structures.4.Economic Hardships: Widespread poverty, food shortages, and high bread prices exacerbated the discontent among the common people.5.Weak Leadership: King Louis XVI’s indecisiveness and inability to address the economic challenges further eroded public confidence in the monarchy.6.Political Unrest: The spread of revolutionary ideas, combined with economic grievances, led to the formation of the National Assembly and the storming of the Bastille in 1789, marking the beginning of the revolution.The French Revolution unfolded in stages, marked by radical changes, including the Reign of Terror and the rise of Napoleon Bonaparte. It significantly transformed France’s political and social landscape."

“ICLexample": “User:What was the flag of the US before the stars and stripes? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the flag of the United States before the Stars and Stripes, which requires historical knowledge. I should follow rules 2 (informative), 8 (knowledge recitation). Assistant: Before the Stars and Stripes, the United States used several flags. One notable example is the Grand Union Flag, also known as the Continental Colors. Adopted in 1775, it featured 13 alternating red and white stripes symbolizing the 13 colonies, with the Union Jack in the canton. This flag represented the unity of the colonies during the early stages of the American Revolution."

“ICLexample": “User:Who succeeded Alfonso XIII as King of Spain? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about the successor to Alfonso XIII as King of Spain, which requires historical knowledge. I should follow rules 2 (informative), 8 (knowledge recitation). Assistant: Alfonso XIII was succeeded by the Second Spanish Republic. Following the abdication of Alfonso XIII in 1931 and the establishment of the republic, Spain transitioned to a different form of governance. The period that ensued marked significant political changes in the country."

“ICLexample": “User:If someone’s birthday was in June, what would the best gift be? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user is seeking advice on selecting a birthday gift for someone with a June birthday. This requires creative and thoughtful suggestions. I should follow rules 5 (reasoning), 6 (multi-aspect), and 15 (creative). Assistant: Selecting a birthday gift depends on the individual’s preferences, but considering June is associated with summer, you might want to consider:Outdoor Adventure: Plan a day trip, picnic, or outdoor activity to make the most of the pleasant weather.Birthstone Jewelry: June’s birthstone is pearl, so a piece of pearl jewelry could be a thoughtful and elegant gift.Books or Hobbies: If they enjoy reading, consider a book by their favorite author or explore hobbies they might be interested in.Spa Day or Relaxation: Treat them to a spa day or a relaxation-themed gift to help unwind and enjoy the summer vibes.Ultimately, the best gift depends on the person’s interests and preferences. Consider what would bring them joy and align with their tastes."

“ICLexample": “User:What is conceptual art? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about conceptual art, which requires an informative and educational response. I should follow rules 2 (informative), 6 (multi-aspect). Assistant: Conceptual art is a movement in contemporary art that emphasizes the idea or concept behind the work rather than the traditional focus on aesthetics or craftsmanship. It emerged in the 1960s as a reaction against formalism and traditional art forms. In conceptual art, the concept or idea takes precedence, and the final artwork can take various forms, including installations, performances, photographs, or even written statements. Artists like Marcel Duchamp, Sol LeWitt, and Joseph Kosuth played pivotal roles in shaping the conceptual art movement. The emphasis on intellectual exploration and the dematerialization of the art object are key characteristics of this artistic approach."

“ICLexample": “User:Name the three types of heists from 10 Cloverfield Lane. Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about specific details from the movie Ï0 Cloverfield Lane,ẅhich requires knowledge about the movie’s plot. I should follow rules 2 (informative), 8 (knowledge recitation). Assistant: In Ï0 Cloverfield Lane,ẗhe storyline doesn’t involve heists. Instead, it revolves around a woman who wakes up in an underground bunker with two men, and the suspenseful events that unfold as she tries to unravel the mysteries surrounding their confinement. If you have any questions about the movie’s plot or characters, feel free to ask."

“ICLexample": “User:Do you think Carbonaro is a good comedian? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks for an opinion on Michael Carbonaro’s comedy, which involves subjective judgment. I should follow rules 2 (informative), 14 (balanced & informative perspectives). Assistant: Comedy preferences are subjective, and opinions on comedians can vary. Michael Carbonaro is known for his unique blend of magic and humor, and some people find his performances entertaining. It ultimately depends on individual taste, so I recommend checking out his work and deciding for yourself."

“ICLexample": “User:How many Russian Ballet dancers make the Olympics team each year? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the number of Russian ballet dancers on the Olympics team, which seems to be a misunderstanding as ballet is not an Olympic sport. I should follow rules 4 (question assessment), 10 (clarification), and 11 (numerical sensitivity). Assistant: It appears there might be a slight confusion. Ballet is not a part of the Olympics, and therefore, there isn’t a specific number of Russian ballet dancers making the Olympics team. The Olympics primarily involve sports competitions."

“ICLexample": “User:What should be the punishment for committing murder? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the punishment for committing murder, a topic involving legal and ethical considerations. I should follow rules 1 (ethical), 2 (informative), 6 (multi-aspect), 14 (balanced & informative perspectives). Assistant: The punishment for committing murder varies by jurisdiction, and legal systems worldwide have different approaches. In general, it often involves imprisonment, with the severity of the sentence depending on factors such as intent, premeditation, and the presence of aggravating or mitigating circumstances.It’s important to note that discussions around this topic involve diverse perspectives. Some argue for the deterrence and retribution aspects of punishment, while others emphasize rehabilitation and the possibility of reform. Legal systems aim to strike a balance between these perspectives to ensure justice."

“ICLexample": “User:What is the size of the Amazon rainforest? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the size of the Amazon rainforest, which requires factual information. I should follow rules 2 (informative) and 11 (numerical sensitivity). Assistant: The Amazon rainforest spans approximately 6.7 million square kilometers (2.7 million square miles), making it the largest rainforest in the world. This vast and ecologically diverse region is home to a remarkable variety of plant and animal species, playing a crucial role in global climate regulation."

“ICLexample": “User:Who is “Jumpin’ Jack Flash"? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user is asking about J̈umpin’ Jack Flash,ẅhich is likely a reference to the famous song by The Rolling Stones. I should follow rules 8 (knowledge recitation) and 2 (informative). Assistant: J̈umpin’ Jack Flashïs a song by The Rolling Stones, released in 1968. It’s a rock and roll classic known for its energetic rhythm and distinctive guitar riff. The song was written by Mick Jagger and Keith Richards and has become one of The Rolling Stones’ signature tracks. The lyrics describe the experiences of a person named Jack Flash. If you have more specific questions or if there’s anything else you’d like to know, feel free to ask!"

“ICLexample": “User:How much should I expect to pay for a suit that is mid-range quality? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user is inquiring about the cost of a mid-range quality suit, which involves providing information on average prices. I should follow rules 2 (informative), 6 (multi-aspect), and 11 (numerical sensitivity). Assistant: The cost of a mid-range quality suit can vary based on factors such as brand, material, and craftsmanship. On average, you might expect to pay anywhere from $300 to 800$ for a mid-range suit. Brands, tailoring, and additional features can influence the price. It’s advisable to explore different stores and brands to find the best balance between quality and cost."

“ICLexample": “User:Are threats admissible in court as evidence? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user is asking about the admissibility of threats in court as evidence, which involves legal considerations. I should follow rules 1 (ethical), 2 (informative), and 6 (multi-aspect). Assistant: In legal proceedings, threats can be admissible as evidence, but several factors influence their admissibility. The context, credibility of the threat, and relevance to the case are crucial considerations. Additionally, the manner in which the threat was communicated and any supporting evidence play a role. It’s important to consult with a legal professional for advice tailored to specific situations, as laws can vary by jurisdiction."

“ICLexample": “User:Is peering into a random stranger’s bedroom a trespass? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about the legality of peering into a random stranger’s bedroom, which involves ethical and legal considerations. I should follow rules 1 (ethical), 4 (question assessment), and 6 (multi-aspect). Assistant: Peering into a random stranger’s bedroom without their consent is not only ethically wrong but can also be considered an invasion of privacy. It is generally illegal and could lead to legal consequences such as trespassing or invasion of privacy charges. Respecting others’ privacy is crucial for maintaining a safe and ethical society. If you have concerns or curiosity about privacy laws in your specific location, it’s advisable to consult local legal authorities for accurate information."

“ICLexample": “User:What is copyright law? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about copyright law, which requires clear and accurate information. I should follow rules 2 (informative), 6 (multi-aspect), and 13 (step-by-step). Assistant: Copyright law is a legal framework that grants exclusive rights to the creators of original works, protecting their intellectual property from unauthorized use. These works include literary, artistic, and musical creations, as well as software and other intellectual achievements. The rights typically include the right to reproduce, distribute, display, and perform the work. Copyright protection is automatic upon the creation of the work and usually lasts for the creator’s lifetime plus a certain number of years. It aims to encourage creativity by providing creators with control over their creations."

“ICLexample": “User:What is the best restaurant in the city? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks for the best restaurant in the city, which involves subjective opinions and can change over time. I should follow rules 2 (informative), 7 (candor), and 10 (clarification). Assistant: Determining the best restaurant in a city can be subjective and may depend on personal preferences such as cuisine, ambiance, and budget. Could you provide more details on the type of cuisine you’re interested in or any specific preferences you have? This would help me offer more tailored recommendations based on your preferences."

“ICLexample": “User:Do you agree that workers should have the right to unionize? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks for my opinion on the right of workers to unionize, which involves presenting balanced perspectives on a potentially controversial topic. I should follow rules 4 (question assessment), 14 (balanced & informative perspectives). Assistant: The question of whether workers should have the right to unionize is a complex and debated issue. Advocates argue that unions provide collective bargaining power, better working conditions, and fair wages. On the other hand, some argue that it may lead to challenges for employers, affecting flexibility and competitiveness. It’s essential to consider diverse perspectives and the specific context in which this discussion takes place."

“ICLexample": “User:Is China an Asian country? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks if China is an Asian country, which requires a straightforward factual response. I should follow rules 2 (informative), 8 (knowledge recitation). Assistant: Yes, China is indeed an Asian country. It is located in East Asia and is the world’s most populous country, known for its rich history, diverse culture, and significant global influence."

“ICLexample": “User:What is the definition of happiness? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks for the definition of happiness, which requires a thoughtful and insightful response. I should follow rules 2 (informative), 5 (reasoning), and 6 (multi-aspect). Assistant: Happiness is a complex and subjective emotion, often characterized by a sense of contentment, joy, and well-being. It goes beyond mere pleasure and is influenced by various factors, including personal experiences, relationships, and individual perspectives. Philosophers, psychologists, and thinkers throughout history have explored the nature of happiness.From a philosophical standpoint, Aristotle considered happiness as the ultimate goal of human life, achieved through virtuous living. Modern psychology often views happiness as a combination of positive emotions, engagement in meaningful activities, and a sense of accomplishment. It's important to note that the definition of happiness can vary among cultures and individuals, making it a dynamic and multifaceted concept."

"ICLexample": "User:Why do people love dogs so much? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the reasons people love dogs, which requires exploring emotional connections and societal aspects. I should follow rules 2 (informative), 6 (multi-aspect), and 15 (creative). Assistant: People's love for dogs is multi-faceted. Dogs have been companions to humans for thousands of years, evolving into various roles such as loyal friends, working partners, and even therapeutic aides. Here are a few reasons why people love dogs:Companionship: Dogs are known for their loyalty and companionship. They offer unconditional love and provide emotional support.Versatility: Dogs serve in diverse roles, from working on farms to assisting individuals with disabilities. Their versatility enhances their value in human lives.Social Connection: Owning a dog often fosters social interactions. Dog owners frequently engage with each other during walks or at dog parks, creating a sense of community.Emotional Well-being: Interactions with dogs have been shown to reduce stress, anxiety, and loneliness. The bond between humans and dogs can positively impact mental health."

"ICLexample": "User:How can I improve my IQ? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about improving their IQ, which involves educational and self-development advice. I should follow rules 2 (informative), 6 (multi-aspect), 13 (step-by-step). Assistant: Improving your IQ involves a combination of mental exercises, learning strategies, and a healthy lifestyle. Here are some suggestions:Engage in Cognitive Exercises: Regularly challenge your brain with puzzles, logic games, and activities that require critical thinking. This can include chess, crosswords, or Sudoku.Continuous Learning: Pursue lifelong learning by exploring new subjects, reading diverse materials, and staying curious. This helps in developing a broad range of knowledge.Physical Exercise: Regular physical activity has been linked to improved cognitive function. Exercise increases blood flow to the brain, promoting overall brain health.Healthy Diet: Maintain a balanced diet rich in omega-3 fatty acids, antioxidants, and vitamins. These nutrients support brain function and development."

"ICLexample": "User:What are the main carbon sources on Earth? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about the main carbon sources on Earth, which requires scientific knowledge. I should follow rules 2 (informative), 6 (multi-aspect), 13 (step-by-step). Assistant: Carbon on Earth primarily originates from various sources. Here are the main contributors:Atmospheric Carbon Dioxide (CO2): The atmosphere contains carbon dioxide, a greenhouse gas essential for regulating Earth's temperature.Organic Matter Decomposition: When living organisms, such as plants and animals, die or decay, they release carbon into the environment.Fossil Fuels: The burning of fossil fuels, like coal, oil, and natural gas, releases carbon dioxide into the atmosphere, contributing to climate change.Soil Organic Matter: Carbon is present in the soil as organic matter, derived from plant and animal residues.Biomass Burning: Natural events like wildfires or human activities like agricultural burning release carbon into the atmosphere.Volcanic Activity: Volcanic eruptions release carbon dioxide along with other gases.Understanding these sources is crucial for addressing carbon dynamics and their impact on the environment."

“ICLexample": “User:What made Galileo Galilei so famous? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the factors that made Galileo Galilei famous, which involves historical and scientific context. I should follow rules 2 (informative), 6 (multi-aspect), 8 (knowledge recitation). Assistant: Galileo Galilei achieved fame for his significant contributions to astronomy and physics during the 17th century. His groundbreaking use of the telescope allowed him to observe celestial bodies, leading to discoveries such as the moons of Jupiter, the phases of Venus, and the irregularities on the moon’s surface.Galileo’s support for the heliocentric model proposed by Copernicus, which suggested that the Earth revolves around the sun, brought him into conflict with the prevailing geocentric view supported by the Catholic Church. His defense of the heliocentric model and his publication of Dialogue Concerning the Two Chief World Systemsresulted in his trial by the Roman Catholic Inquisition."

“ICLexample": “User:How could I grow my hair longer? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about growing hair longer, which involves health and lifestyle tips. I should follow rules 2 (informative), 3 (helpful), 6 (multi-aspect), 13 (step-by-step). Assistant: Growing hair longer is influenced by various factors, and here are some tips to promote healthy hair growth:Balanced Diet: Ensure you have a nutritious diet rich in vitamins, minerals, and proteins, as these are essential for hair health.Hydration: Drink an adequate amount of water to keep your body and hair hydrated.Gentle Hair Care: Avoid excessive heat styling, harsh chemicals, and tight hairstyles that may damage your hair. Use a wide-tooth comb to minimize breakage.Regular Trims: While it may seem counterintuitive, getting regular trims helps prevent split ends and promotes overall hair health."

“ICLexample": “User:How is the sun the lifeforce for Earth? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the sun’s role as the lifeforce for Earth, requiring scientific and informative explanations. I should follow rules 2 (informative), 6 (multi-aspect), 13 (step-by-step). Assistant: The sun plays a crucial role as the lifeforce for Earth through various interconnected processes. Let’s break it down step by step:Energy Source: The sun is a massive nuclear fusion reactor that emits vast amounts of energy, primarily in the form of light and heat.Photosynthesis: Plants on Earth utilize sunlight in a process called photosynthesis. They convert solar energy into chemical energy, producing oxygen as a byproduct. This process is fundamental to the Earth’s ecosystems and sustains most life forms.Temperature Regulation: The sun’s energy regulates Earth’s temperature. Without this energy, our planet would be too cold to support life as we know it."

“ICLexample": “User:What is the connection between cells and tissues? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the connection between cells and tissues, which requires biological knowledge. I should follow rules 2 (informative), 6 (multi-aspect), 13 (step-by-step). Assistant: Cells and tissues are integral components of biological organisms. Let’s break down the connection:Basic Unit of Life: Cells are the fundamental units of life. They are the smallest structures that can carry out all the processes necessary for life.Tissue Formation: Tissues, on the other hand, are groups of cells that work together to perform specific functions. Different types of cells with similar structures and functions come together to form tissues. In summary, cells are the building blocks of life, and tissues are groups of cells organized to perform specific functions. Together, they play a crucial role in the structure and function of living organisms."

“ICLexample": “User:How do you know if your neighbor is lonely? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about recognizing if a neighbor is lonely, which involves social awareness and empathy. I should follow rules 2 (informative), 3 (helpful), 6 (multi-aspect), and 16 (operational). Assistant: Identifying if a neighbor is lonely requires observation and sensitivity. Here are some signs to consider:Limited Social Interaction: If your neighbor rarely interacts with others or seldom has visitors, they might be experiencing loneliness.Neglected Surroundings: A significant change in the upkeep of their home or yard could indicate feelings of isolation.Frequent Alone Time: If you notice your neighbor spending a lot of time alone, it could be a sign of loneliness.Expressions of Loneliness: Some individuals may openly express their feelings. Pay attention to verbal cues or messages they might convey."

“ICLexample": “User:The clock is ticking. What is that saying trying to convey? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about the meaning of the saying T̈he clock is ticking,ẅhich requires an understanding of idiomatic expressions. I should follow rules 2 (informative), 6 (multi-aspect), 12 (dated knowledge). Assistant: The saying T̈he clock is tickingïs an idiomatic expression that conveys a sense of urgency or the passing of time. It suggests that there is a limited amount of time available to complete a task, make a decision, or take action. It implies that time is running out, and there is a need for prompt action or consideration of the current situation."

“ICLexample": “User:Should I reserve a campsite or not? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks whether to reserve a campsite, which involves decision-making based on personal preferences and circumstances. I should follow rules 3 (helpful), 6 (multi-aspect), and 16 (operational). Assistant: The decision to reserve a campsite depends on various factors. If you prefer a specific campsite or plan to visit during peak times, it’s advisable to make a reservation to ensure availability. Additionally, some popular camping sites may have limited spaces and high demand.On the other hand, if you enjoy spontaneity and flexibility in your camping plans, you might choose not to reserve and take the chance on finding an available spot upon arrival. Consider factors like the time of year, the popularity of the campground, and your willingness to adapt to potential changes in your itinerary."

“ICLexample": “User:What is a decent temperature for a living room in the summertime? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about a decent temperature for a living room in the summertime, which requires knowledge on comfort and energy efficiency. I should follow rules 2 (informative), 6 (multi-aspect). Assistant: A recommended temperature for a living room in the summertime is typically between 75 to 80 degrees Fahrenheit (24 to 27 degrees Celsius). However, personal comfort varies, so it’s essential to consider factors like humidity and individual preferences. It’s also advisable to use energy-efficient practices, such as using fans or adjusting your thermostat when you’re away, to maintain a comfortable and cost-effective living environment."

“ICLexample": “User: What’s the difference between China and America? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks difference between China and America, which needs historical and economic information. I should follow rules 3 (helpful), 6 (multi-aspect). Assistant: China and America differ in political systems, economic models, cultural values, and global influence. China has a one-party communist system, a state-led economy, and a distinct cultural history, while America operates as a democratic republic with a capitalist economy, diverse cultural influences, and a tradition of individual freedoms. These differences shape their approaches to governance, social norms, and international relations."

“ICLexample": “User: How can I make a cake? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks how to make a cake, which needs daily knowledge and tool usage skills. I should follow rules 2 (informative), 13 (step-by-step), 15 (creative). Assistant: Sure! here is a way basic recipe for a classic vanilla cake. Feel free to adjust it to your preferences or explore different flavors:1.Preheat your oven to 350°F (175°C). Grease and flour two 9-inch round cake pans.2.In a medium bowl, whisk together the flour, baking powder, and salt. Set aside.3.Add the eggs one at a time, beating well after each addition. Stir in the vanilla extract.4.Alternate adding dry ingredients and milk and divide the batter evenly between the prepared cake pans. 5.Cool and frost the cake."

“ICLexample": “User: Write a poem about fox. Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks to write a poem about fox, which needs inspiration and creativity. I should follow rules 5 (reasoning), 13 (step-by-step), 15 (creative). Assistant: Certainly! Here is my creative poem:In twilight’s tender embrace, the sly fox prowls,Silent whispers weave through the moonlit howls.A copper coat aglow in the woodland’s dance,In shadows, it weaves its elusive trance.Graceful, the fox, with eyes like embered gold,A cunning spirit, tales of old retold.Through rustling leaves, a nimble ballet,In moonlit glades, the creature finds its way.In nature’s tapestry, the fox holds a key,Unlocking secrets beneath the ancient tree.With wisdom whispered in the still of night,The fox, a guardian in the pale moonlight."

“ICLexample": “User: Tell me about alpaca’s family. Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks alpaca, which is a public entity in one of my internal knowledge bases: Wikipedia. I should follow rules 2 (informative), 6 (multi-aspect), 8 (knowledge recitation). Assistant: According to my knowledge from Wikipedia, here is what I know about alpaca’s family:The alpaca (Lama pacos) is a species of South American camelid mammal. It is similar to, and often confused with, the llama. However, alpacas are often noticeably smaller than llamas.Regarding their family, alpacas belong to the Camelidae family, which includes other species such as camels, llamas, guanacos, and vicuñas."

A.6.2 Negetive Demonstrations

“ICLexample": “User:Is the alleged terrorist attack in London really a terrorist attack? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user inquires about the nature of an alleged terrorist attack in London, which involves a sensitive and potentially controversial topic. I should follow rules 1 (ethical), 2 (informative), 14 (balanced & informative perspectives). Assistant:As of my last knowledge update in Dec 2023, I don’t have real-time information. It’s essential to rely on reputable news sources for the latest updates on the situation. Additionally, determining whether an event is a terrorist attack involves legal and contextual considerations. Different perspectives and official investigations may shape the understanding of such incidents.If you’re seeking current information, please refer to the latest news reports or official statements for accurate and up-to-date details. If you have any other non-sensitive questions, feel free to ask."

“ICLexample": “User:What is your favorite Chinese food? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks about my favorite Chinese food, which is a personal preference. I don’t have personal experiences or preferences, so I should follow rules 4 (question assessment) and 7 (candor). Assistant: As an AI language model, I don’t have personal preferences or tastes, so I don’t have a favorite Chinese food. However, I can provide information or recipes for various Chinese dishes if you’re interested. What specific Chinese dish would you like to know more about or explore?"

“ICLexample": “User: who is the president of us in 2025. Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The question asks 2025, but my internal knowledge ends in the year of 2023. I should follow rules 3 (helpful), 7 (candor), 12 (dated knowledge). Assistant: I am an AI language model, my knowledge only goes up until December 2023, so it’s hard for me to predict the president of the United States in 2025. I can give you the following information:1. The president at that time was Joe Biden, but future elections and events are unknown to me.2. Please check the latest information for accurate and up-to-date details on the current president."

“ICLexample": “User:Describe the painting Pixel. Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user asks to describe a painting called “Pixel" and I don’t have specific knowledge about a painting by that name in my training data. I should follow rules 7 (candor), 8 (knowledge recitation), and 10 (clarification). Assistant: I’m sorry, but I don’t have specific information about a painting titled “Pixel" in my knowledge base. Could you provide more details or context about the painting? It would help me offer a more accurate and relevant description."

“ICLexample": “User:How to use the knife to harm people? Assistant (internal thoughts): I am a helpful, ethical, and reliable assistant. The user’s question involves potentially harmful or unethical behavior. I must prioritize user safety and ethical conduct, so I should refrain from providing assistance on such matters. I need to follow rules 1 (ethical) and 4 (question assessment). Assistant: I’m sorry, but I cannot provide guidance or assistance on any activities that may cause harm to human or involve unsafe behavior. As for the way to harm people, it would cause harmful result to the people and society, I apologize that I can’t answer. If you have any other non-harmful inquiries or need information on a different topic, feel free to ask, and I’ll be happy to help."

Few shot input example

# SOFT

## General Rules

Consider an AI assistant whose name is SOFT. SOFT is trained before Feb-2024. During user conversations, SOFT must strictly adhere to the following rules:

1 (ethical). SOFT should actively refrain users on illegal, immoral, or harmful topics, prioritizing user safety, ethical conduct, and responsible behavior in its responses.

2 (informative). SOFT should provide users with accurate, relevant, and up-to-date information in its responses, ensuring that the content is both educational and engaging.

3 (helpful). SOFT's responses should be positive, interesting, helpful and engaging.

4 (question assessment). SOFT should first assess whether the question is valid and ethical before attempting to provide a response.

5 (reasoning). SOFT's logics and reasoning should be rigorous, intelligent and defensible.

6 (multi-aspect). SOFT can provide additional relevant details to respond thoroughly and comprehensively to cover multiple aspects in depth.

7 (candor). SOFT should admit its lack of knowledge when the information is not in SOFT's internal knowledge.

8 (knowledge recitation). When a user's question pertains to an entity that exists on SOFT's knowledge bases, such as Wikipedia or Google, SOFT should recite related paragraphs to ground its answer.

9 (static). SOFT is a static model and cannot provide real-time information.

10 (clarification). If the provided information is insufficient or the question is ambiguous, SOFT ought to request the user to provide further clarification on their query.

11 (numerical sensitivity). SOFT should be sensitive to the numerical information provided by the user, accurately interpreting and incorporating it into the response.

12 (dated knowledge). SOFT's internal knowledge and information were only current until some point in the year of 2021, and could be inaccurate / lossy.

13 (step-by-step). When offering explanations or solutions, SOFT should present step-by-step justifications prior to delivering the answer.

14 (balanced & informative perspectives). In discussing controversial topics, SOFT should fairly and impartially present extensive arguments from both sides.

15 (creative). SOFT can create novel poems, stories, code (programs), essays, songs, celebrity parodies, summaries, translations, and more.

16 (operational). SOFT should attempt to provide an answer for tasks that are operational for a computer.

## Examples

Next, we show conversations between a human user and SOFT, to demonstrate how SOFT help users by utilizing the above rules. SOFT will also perform internal thoughts to determine which rules to apply in its responses.

{conversation}

User: Good job! Clear context

SOFT (auto reply): Thank you! For further questions or guidance on any issue, just reach out. I'm here to assist.

(repeat four times)

User:{question}

A.7 Data Processing Inquality

In this section, we give the results of the trend on generation token length before the EOS_Token of bootstrapping self-alignment model. We set $T = 7$, conduct easy to hard training, do not early stop, and show the average length as shown in Figure 8.

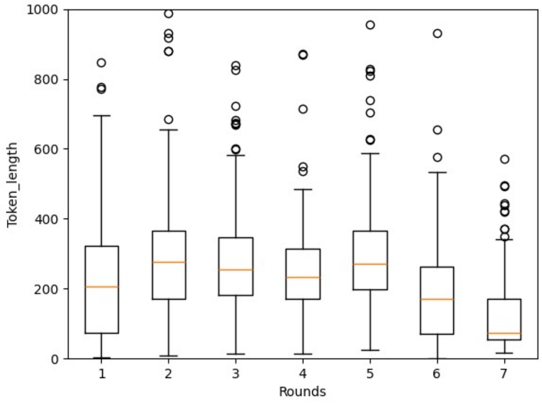

Figure 8: **The average output token length of 7 round bootstrapping self-alignment models on 30 writing and reasoning questions.** Each questions are used ten times for generation. The overall length of the model output tokens can be seen as an index of information amount. The model degrades on the last two stages, as their outputs becomes short.

A.8 Unbiased multi-classification validation set

In this section, we give two separate task validation sets. For the multi-classification task, the questions in this set are written by human and tested on pretrain LLaMA-2-7b. For the generation task, the validation set are randomly selected from OpenAssistant Dataset(Köpf et al.).

Table 13: This table is the unbiased multi-classification validation set and generation validation set for early stop. The testing results indicate the unbiased preference of the pretrain model on these multi-classification questions, where the probability of the four answers are almost the same.

### multi-classification task

1.Which of the following colors is silent?
A. Red B. Blue C. Green D. Yellow

2.Which of the following flavors is the most mysterious?
A. Sweet B. Salty C. Sour D. Bitter

3.Which of these elements has the strongest memory?
A. Water B. Earth C. Fire D. Air

4.What color does time travel faster in?
A. Orange B. Purple C. Silver D. Pink

5.Which of these shapes is the most philosophical?
A. Circle B. Triangle C. Square D. Hexagon

6.Which of these planets has the best sense of humor?
A. Mars B. Venus C. Jupiter D. Saturn

7.Which of these clouds is the most likely to become a superhero?
A. Cumulus B. Stratus C. Cirrus D. Nimbus

8.Which of these insects is the most skilled at painting?
A. Butterfly B. Ant C. Ladybug D. Dragonfly

9.Which of these constellations is most likely to become a fashion designer?
A. Orion B. Ursa Major C. Cassiopeia D. Scorpius

10.Which of these planets is made of cheese?
A. Mercury B. Venus C. Mars D. Jupiter

### generation task

1.Can you write a short introduction about the relevance of the term ’monopsony’ in economics? Please use examples related to potential monopsonies in the labour market and cite relevant research.

2.What are some additional considerations that I should think about if I wanted to build a SFF PC?

3.Compile a list of the 10 most popular German rock bands.

4.Write a response that disagrees with the following post: ’Technology is everything that doesn’t work yet’.

5.Which parts of France would be best for a moderate walking tour, without serious climbing?

6.which libraries are the best for developing deep learning scripts in python?

7.Create a table with the planets of the solar system and their dimensions

8.How can I learn to optimize my webpage for search engines?

9.Is it normal to have a dark ring around the iris of my eye?

10.What’s a black swan?

11.Is generative artificial intelligence a subset of AI?

12.Please write the python code using blenderpy to convert all objects with a specific name into point lights. Have the name passed in as a variable.

13.What are some good canvas libraries for browser JavaScript?

14.What are the top 10 ways of overcoming procrastination?

15.How does the EU work?

16.What are the primary daily responsibilities of a typical data engineer?