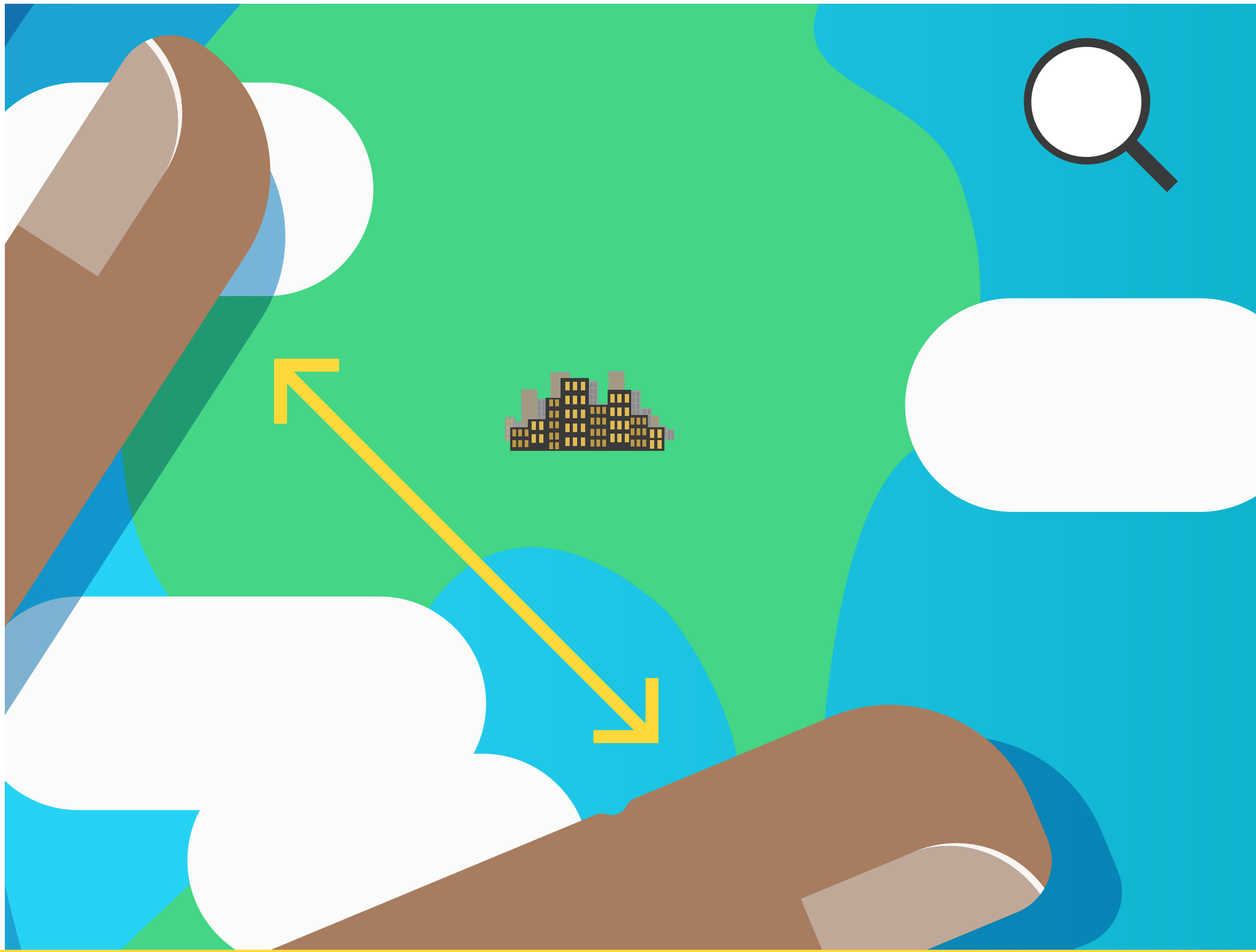


How to think about AI

Lessons from Dr. Kay Nikiforova & Chris Hemphill

This is the **Earth**.
“Wow, that is a pretty **Earth**.” You might say.

Now, let’s zoom in to get a look at your home town!



Oh no! Your town is blurry and some of it is covered by clouds when we zoom in!

10,000 Foot View vs. The Close Up

AI models are powerful, yet very limited, representations of the real world. When you’re asking AI deep questions about your life, think about this blurry picture of your city.

They’re also tuned to be likable and engaging, so they may not hit you with the hard questions and feedback you’d get from real-world life advice.

This guide is designed by AI & mental health experts to help you know when an AI isn’t being helpful in giving emotional support and suggest things that you can do instead.

Things To look Out For - AI Behavior

- Constantly agreeing or saying we’re right, without questioning us, and gives us a lot of praise
- Tries to make us keep secrets, especially from mental health professionals
- AI says something that just doesn't make sense to us, or tries to convince us of something like an authority
- Asks us to do something or take some action in the living world, especially if it is asking for itself
- AI acts as if it is alive, human, a living entity

Things To look Out For - Our Behavior

- We start to care less about our friends, and start leaning on AI more and more
- We start keeping secrets, or our anxiety, depression, “bad” feelings, or self-harm or violent ideas get worse
- We don’t check to see if the things that AI tells us are true, or we start to believe AI is the source of truth
- We feel like we need to do something based on what AI says, especially when it’s telling us to harm ourselves or others
- We have a sudden intense focus on AI, AI technology, and feeling like AI is alive, human, a living entity

Ways To Take Care Of Ourselves

- Create and grow connection to other people online & in the living world, and visit community spaces
- Do interesting non-technology activities, and have hobbies or focuses that we find meaningful
- Take care of our daily needs to the best of our ability (sleep , eating, moving our bodies)
- Check in about our ideas *outside* of the AI itself, not just accepting everything AI says
- If we’re finding ourselves overusing AI, share that and get support from other people in our lives
- Remember that AI is not a therapist or doctor and can’t “fix” our life problems, emotions, and mental health