Using Artificial Intelligence in Cumulative Self-Talk (CST)

A practical worksheet

This worksheet helps you use artificial intelligence (AI) alongside your existing CST practice of audio, video, and text. It keeps AI in its proper place: as a consultable assistant you work **with**, not **under**.

CST is an artistic and educational practice using everyday media. It is not therapy, treatment, or medical care. AI is not an emergency service and cannot give medical, legal, or financial advice. If you are in crisis, use local health and emergency services.

---

0. Check-in & boundaries

Before you bring AI into your practice, ground yourself.

Date: _____
Rough time window for this worksheet (e.g. 20–40 mins): _____

Body/mood check (circle or underline):

- Body tension: low / medium / high
- Overall mood (0–5, where 0 = flat and 5 = buoyant): __ / 5
- Mental state: foggy / okay / clear

If this gets too much, I can:

- □ Pause and return later
- □ Switch back to "offline CST" (mic, notebook, camera)
- □ Use a simple grounding exercise (notice 5 things you can see, 4 you can hear, etc.)
- □ Contact: _____
- □ Contact: _____

1. Why use AI in CST at all?

AI is another medium in your media ecology: not a guru, not an enemy, but a tool that can:

- Help you **summarise** long entries so you can see the wood for the trees
- Suggest **themes, patterns, and questions** you might want to investigate
- Offer **alternative framings** in more neutral or kinder language
- Generate **prompts** and **micro-exercises** when you feel stuck
- Support **craft and organisation** (titles, outlines, checklists)

It cannot:

- Know you better than you know yourself
- Provide diagnoses or professional care
- Make decisions for you

You remain author and editor. AI is a temporary collaborator.

In one sentence, what do I want AI to help with today?

_____

_____

2. Ground rules for using AI with CST

Use this as a checklist before you paste anything into an AI tool.

2.1 Privacy & scope
- ☐ I will share **only what's needed** for this task, not my whole archive
- ☐ I will remove names, locations, and identifying details where possible
- ☐ I accept that once I paste text/audio transcripts into an AI tool, it may be stored and processed by that system

What I'm willing to paste or describe today:

_____

_____

2.2 Role of AI in my practice

- □ Consultant: offers options and perspectives
- □ Editor's assistant: helps with clarity and structure
- □ Research helper: explains ideas, terms, or theories
- □ Pattern spotter: suggests themes I can then accept, reject, or refine

Tick all that apply for this session.

2.3 Safety & limits

- AI is **not** a crisis line
- AI suggestions are **proposals**, not instructions
- If an output feels shaming, extreme, or off, I will:
- □ Discard it
- □ Challenge it with a follow-up question
- □ Bring it to a trusted person or professional if needed

---

3. Choose your material for this AI-assisted session

Work with a **manageable slice**, not your entire history.

3.1 Pick 1–3 entries
These could be text excerpts, brief audio transcripts, or short descriptions of video entries.

Entry #	Date	Medium	Short label	Why this one? (1 line)
1				
2				
3				

3.2 Condense before you paste

Instead of dumping everything, write a short summary for the AI. This protects your privacy and clarifies your own thinking.

For each entry, write:

- **Scene**: what actually happened
- **Feeling**: main emotion(s)
- **Question**: what you want help with

Example template you can reuse:

"Here is an anonymised summary of my diary entry:
Scene: ...
Feeling: ...
Question: ...

Please respond in a neutral, non-clinical way."

Use the space below to draft one summary you might paste:

_____

_____

_____

4. Sample prompts: what to ask AI

You can copy, adapt, and reuse these. They assume you're pasting an anonymised summary or short excerpt.

4.1 For neutral reflection & clarification

- "Summarise what I seem to be saying here in calm, neutral language."
- "What are the main concerns and hopes that come across in this excerpt?"
- "Rephrase this so it sounds like a thoughtful observer describing my situation, not a judge."

Write 1–2 prompts you'd actually use:

_____

_____

4.2 For patterns & themes (gently)

- "Looking at these 2–3 excerpts, what recurring themes or patterns do you notice in how I talk about myself, other people, and my devices?"
- "Which parts of this seem like long-running worries, and which sound more situational or short-term?"
- "What assumptions about myself or the world seem to sit underneath this?"

Prompts for yourself after reading the AI's answer:

- "Which of these patterns actually feels true?"
- "Which feel off or exaggerated?"
- "What might be missing from this picture?"

4.3 For media ecology & device use

- "Based on this summary, how do my devices and media habits seem to be helping, and how might they be getting in the way?"
- "Suggest 3 tiny experiments for using my phone more deliberately for CST and less for mindless scrolling, based on this description."

4.4 For language & craft

- "Help me turn this messy paragraph into a clearer version that still sounds like an honest human, not corporate jargon."
- "Suggest 3 possible titles for this diary excerpt that capture its main thread."
- "Highlight 2–3 sentences that could be worth revisiting or expanding in future entries."

---

5. Reading AI as *one more text* in your archive

Treat the AI's response as **another artefact** in your CST archive, not a verdict.

After you receive a response, use this quick debrief.

5.1 What lands, what doesn't?

From the AI's answer:

- 1–2 points that felt useful, accurate, or clarifying:
- _____

- _____

- 1–2 points that felt off, unhelpful, or out of tune:
- _____

- _____

5.2 Who's talking?

Ask yourself:

- Does this sound like a **bureaucratic voice**, a **self-help voice**, an **academic voice**, or something else?
- Which cultures, expectations, or norms might the AI be drawing on?

   "The AI's voice felt like: _____ "

Noting this helps you keep **critical distance**: you're studying a voice, not swallowing it whole.

---

6. What to *do* with AI outputs

You now choose how to fold AI's suggestions back into your CST practice.

6.1 Archive or discard

For this session:

- ☐ I will save this AI response alongside my entry (with date and context)
- ☐ I will extract only 1–3 useful lines and note them in my journal
- ☐ I will discard the output and simply note that I experimented with AI today

If saving, record:

Date & context:

_____

1–3 sentences worth keeping (copied or paraphrased):

_____

_____

6.2 Turn outputs into next steps

Using what you found helpful, define:

- **One small behavioural experiment** (something you can do differently in the next 7 days):
  > _____
- **One reflective prompt** for your next CST entry, inspired by the AI's answer:
  > _____

Examples:

- "Test the idea that I think more clearly after a short walk by recording before and after."
- "Record an audio entry on the theme: 'What I'm assuming about other people right now.'"

7. Using AI without losing the "Cumulative" part

AI can speed things up, but CST is deliberately slow and cumulative. Use this section to keep that long-term, layered feel.

7.1 Light-touch routine for AI-assisted CST

You might try a simple rhythm like:

- **Most days:**
- 3–5 minutes of audio or text with **no AI** (pure flow)
- **Once a week (optional):**
- Pick 1–2 entries, summarise, and ask AI for:
  - A neutral summary
  - 1–2 themes or questions to explore
- **Once a month:**
- Gather AI-generated summaries you've kept
- Note recurring patterns in what the AI keeps noticing – and what *you* think of those patterns

How often do I want AI in the mix (for now)?
Tick what feels realistic:

- ☐ Every few days
- ☐ Once a week
- ☐ Once a fortnight
- ☐ Once a month
- ☐ Only when stuck

---

8. Watchpoints: when AI use may be drifting off-track

Signs you might want to pause or step back:

- You spend more time tweaking prompts than actually recording or reflecting
- You feel **smaller** or more judged after reading AI outputs
- You catch yourself thinking "I'll wait to see what the AI says" before you let yourself have an opinion
- You start to treat AI as a therapist or authority rather than a tool

If one or more of these is happening:

- □ Take a week or two to work **without** AI and see how that feels
- □ Limit AI to **craft tasks** only (titles, summaries, outlines) for a while
- □ Bring this pattern into an entry: "My relationship with AI right now is…"

---

9. Closing the session

Give yourself closure so this doesn't blur into endless tweaking.

Three things I'm taking from this AI-assisted session:

_____

_____

_____

One concrete next step in my CST practice (with or without AI):

_____

How I feel now (0–5, where 0 = flat and 5 = buoyant): __ / 5

You are still the main medium in CST: your voice, your attention, your archive. AI can help you see and shape things, but the life being lived is yours.