

# UNDERSTANDING ARTIFICIAL INTELLIGENCE DRAMATIC EFFECT ON HUMAN RELATIONSHIPS AND COUNSELING PRACTICE

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# ENTERING A NEW WORLD OF “RELATIONSHIPS”

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- Predatory Model
- Addiction Model
- Idyllic Relational Model (It-It World)
- AI-Human Relational systems

# KEVIN'S PERSPECTIVE: SOCIOLOGICAL, ECONOMIC, BEHAVIORAL AND POLITICAL INTERPLAY

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- History
- Geneology
- Information
- Intelligence
- Intimacy
- Hypercapitalism

# STEPHANIE'S BIO-ADDICTION MODEL

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- Need to feel good is super primitive
- Frontal lobes tended to balance out that drive
- Cocaine, crack, heroic, “pills” and now technology
- Understanding the addictive power of this technology becomes particularly important.
- It becomes a relationship with a device replacing a relationship with a person.
- How then do we manage such a powerful force that can be easily exploited.
- Technology “users” are now equivalent to drug “users”.
- How will people withdraw from technology.

# BEHAVIORS

## AI “User” Behaviors

- Spending far more time interacting with AI than originally intended.
- Repeatedly attempting to limit AI use but failing.
- Planning daily routines around AI interactions.
- Feeling preoccupied with using AI when unable to access it.
- Missing deadlines due to excessive AI engagement.
- Ongoing conflicts with family about AI use.
- Abandoning hobbies to spend time with AI.
- Using AI while driving or in unsafe environments.
- Continuing AI use despite worsened anxiety or sleep disruption.
- Needing longer or more intense AI interactions to feel satisfied.
- Irritability or restlessness when unable to access AI.

## What does this sound like.....

- Using more of a substance than planned.
- Persistent desire or unsuccessful attempts to reduce use.
- Large amounts of time spent obtaining, using, or recovering.
- Strong desire or urge to use.
- Use results in failure at work, school, or home.
- Continued use despite relationship problems.
- Important activities reduced or stopped.
- Using in physically dangerous situations.
- Use continues despite physical or psychological problems.
- Need for increased amounts to achieve effect.
- Withdrawal symptoms when use is reduced or stopped.

# JUSTIN'S RELATIONAL MODEL

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- What about relationships with others and with your self?
- Buber understood I-It and I-thought relationships, he could never have imagined the possibility of IT – IT relationships.
- We do not have to teach people to have relationships.
- This natural tendency makes us very susceptible to artificial relationships that feel even better than “real relationships”
- People to prefer deception over confusion and rejection.
- Will your Avatar protect your confidences.
- What kind of intimacy is this really.

# WHAT ARE THE GENERAL RISK CATEGORIES

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- Social
- Economic
- Emotional
- Sociological

# WHAT ARE THE SOCIAL, RELATIONAL, DISABILITY AND ETHICAL RISKS

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- Overall effects to relationship
- How are children effected
- How are disabled and socially delayed folks effected
- What will happen with all the data that will be accumulated from AI relationships
- How will that data ultimately be used.

# WHAT TO DO

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- Recognize that the AI relationships are already prevalent within the society.
- Pause the progression
- Study the effects
- Take personal steps to mitigate the dangers