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are social creatures. Tech companies are well aware of this, and AI is marketed to be as human-like as possible, as explained in the Patience article. Finally, Gray's cartoon shows that AI can be more empathetic than humans, giving oft longer and more considerate answers than doctors. Why wouldn't people turn towards chatbots when they need to feel heard?

Very
convincing!

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However, such relationships with AI present a bit of risks. Wilkins warns about how "friendships" with chatbots can isolate people and increase their loneliness. Gabriel et al show that they can cause emotional harm. Wade insists on how relying too much on AI affects our brains negatively. The Patience article argues that it is too easy to forget that there is a third party involved: the tech company owning the AI, and that the company can control or influence what information you get. As mentioned by Wade, their motives aren't clear. The cartoon highlights how no matter how considerate ChatGPT answers are, they can't be sincere because AI can't feel "with" you.

Finally, there are ways humans and tech companies should react to protect people from having toxic relationships with AI. First, as humans we should be more empathetic towards people in such situations says Wilkins and Gray. The Dazed article explains how AI and AI users are facing social stigma: new slurs have been created and it says that this hatred is probably not the best solution.