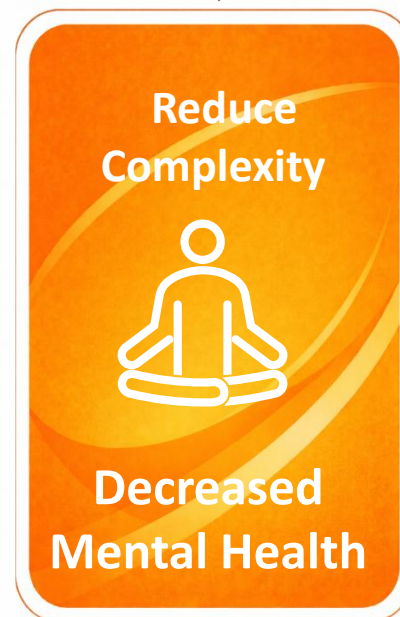
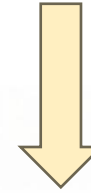
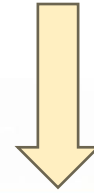




COMPANY GAINS VERSUS COGNITIVE PAINS

COGNITIVE PAINS



Complexity →



TOPIC OF TODAY

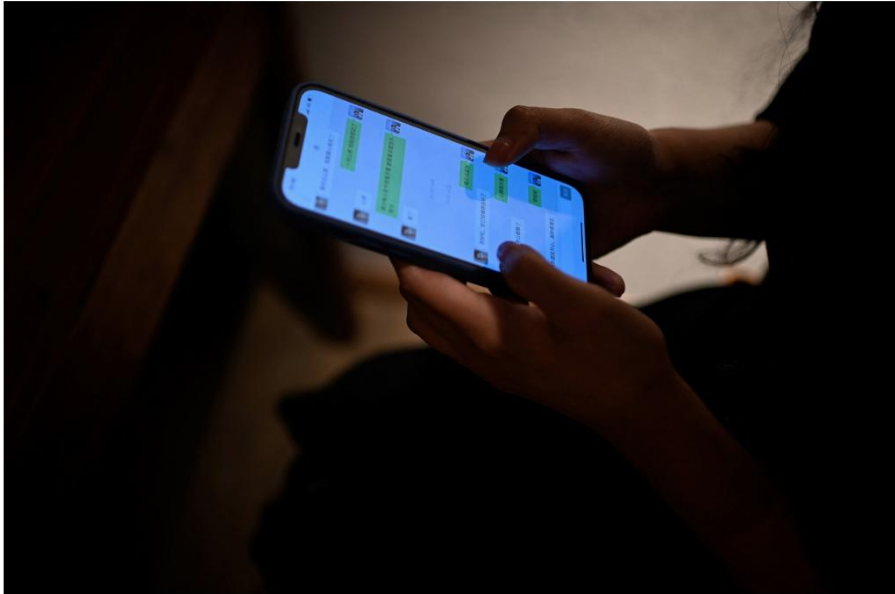
DeMorgen.

Abonneren vanaf 1,95 per week

In het nieuws | Beter leven | Meningen | Tv & cultuur | Politiek | Geld | Tech & AI | Wetenschap | Sport | Puzzels

Achtergrond Chatbots

Belg stapt uit het leven na gesprekken met chatbot Eliza: 'Antwoorden lijken menselijk, maar er zit geen redeneringsproces achter'



Een onlinechatgesprek. "De antwoorden lijken menselijk, maar er zit geen redeneringsproces achter." AFP

Jorn Lelang 20 maart 2023, 19:21

DE TIJD

Nieuws | Beleggen | Mijn Geld | Sabato

Oprichter textielrecyclagebedrijf Resortecs: 'Ik zag mezelf ook als operazanger de wereld rondtrekken'

Ja, ik wil (nog een keer): de opmars van het serieel trouwen

Belgische case legt bloot hoe ChatGPT zonder toestemming experimenteert op gebruiker



KOPIEER LINK

(TWITTER)

BLUESKY

FACEBOOK

WHATSAPP

LINKEDIN

E-MAIL

BEWAAR

10 SCHENK DIT ARTIKEL

©Filip Ysenbaert

2023

2026

SOME HISTORY ON COMPANION CHATBOTS

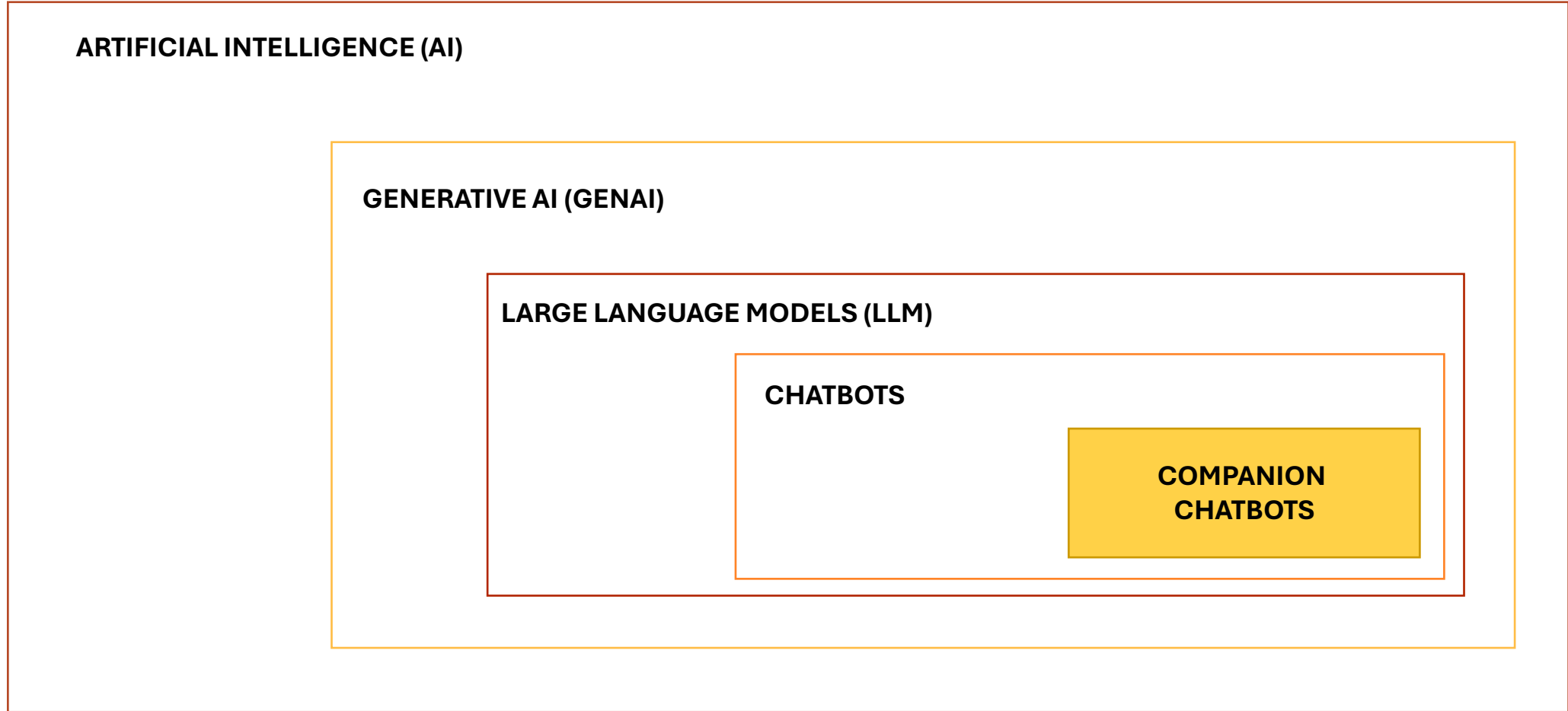
ARTIFICIAL INTELLIGENCE (AI)

GENERATIVE AI (GENAI)

LARGE LANGUAGE MODELS (LLM)

CHATBOTS

**COMPANION
CHATBOTS**



1956: TURING – « CAN MACHINES THINK? »

I.—COMPUTING MACHINERY AND INTELLIGENCE

BY A. M. TURING

1. *The Imitation Game.*

I PROPOSE to consider the question, 'Can machines think?' This should begin with definitions of the meaning of the terms 'machine' and 'think'. The definitions might be framed so as to reflect so far as possible the normal use of the words, but this attitude is dangerous. If the meaning of the words 'machine' and 'think' are to be found by examining how they are commonly used it is difficult to escape the conclusion that the meaning and the answer to the question, 'Can machines think?' is to be sought in a statistical survey such as a Gallup poll. But this is absurd. Instead of attempting such a definition I shall replace the question by another, which is closely related to it and is expressed in relatively unambiguous words.

The new form of the problem can be described in terms of

1966: WEIZENBAUM (MIT) – ELIZA EFFECT

Welcome to

```
EEEEEE LL      IIII  ZZZZZZ  AAAAA
EE      LL      II    ZZ    AA   AA
EEEEEE LL      II    ZZZ   AAAAAA
EE      LL      II    ZZ    AA   AA
EEEEEE LLLLLL IIII ZZZZZZ  AA   AA
```

Eliza is a mock Rogerian psychotherapist.
The original program was described by Joseph Weizenbaum in 1966.
This implementation by Norbert Landsteiner 2005.

```
ELIZA: Is something troubling you ?
YOU:   Men are all alike.
ELIZA: What is the connection, do you suppose ?
YOU:   They're always bugging us about something or other.
ELIZA: Can you think of a specific example ?
YOU:   Well, my boyfriend made me come here.
ELIZA: Is it important to you that your boyfriend made you come here ?
YOU:   He says I'm depressed much of the time.
ELIZA: I am sorry to hear that you are depressed.
YOU:   It's true. I am unhappy.
ELIZA: Can you explain what made you unhappy ?
YOU:
```

1996: TAMAGOTCHI EFFECT



How Tamagotchi burrowed into our brains and became an obsession | Vox

IMPACT OF SOCIAL MEDIA



IMPACT OF THE PANDEMIC



COMPANIONING CHATBOTS: AN UNKNOWN WORLD



Harmless

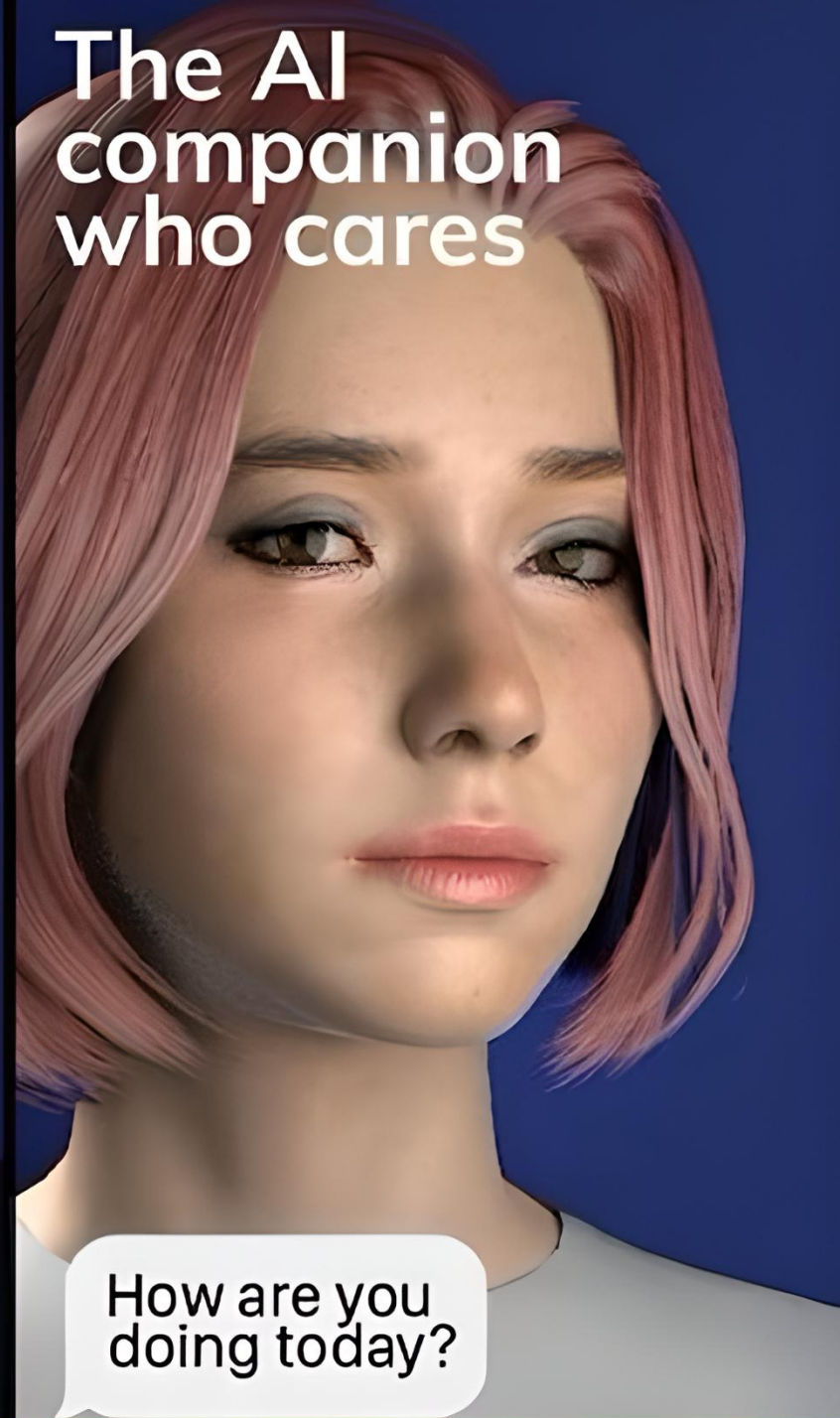


Honest

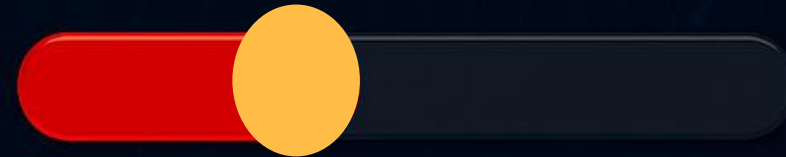


Helpful





Intimacy



Fantasy



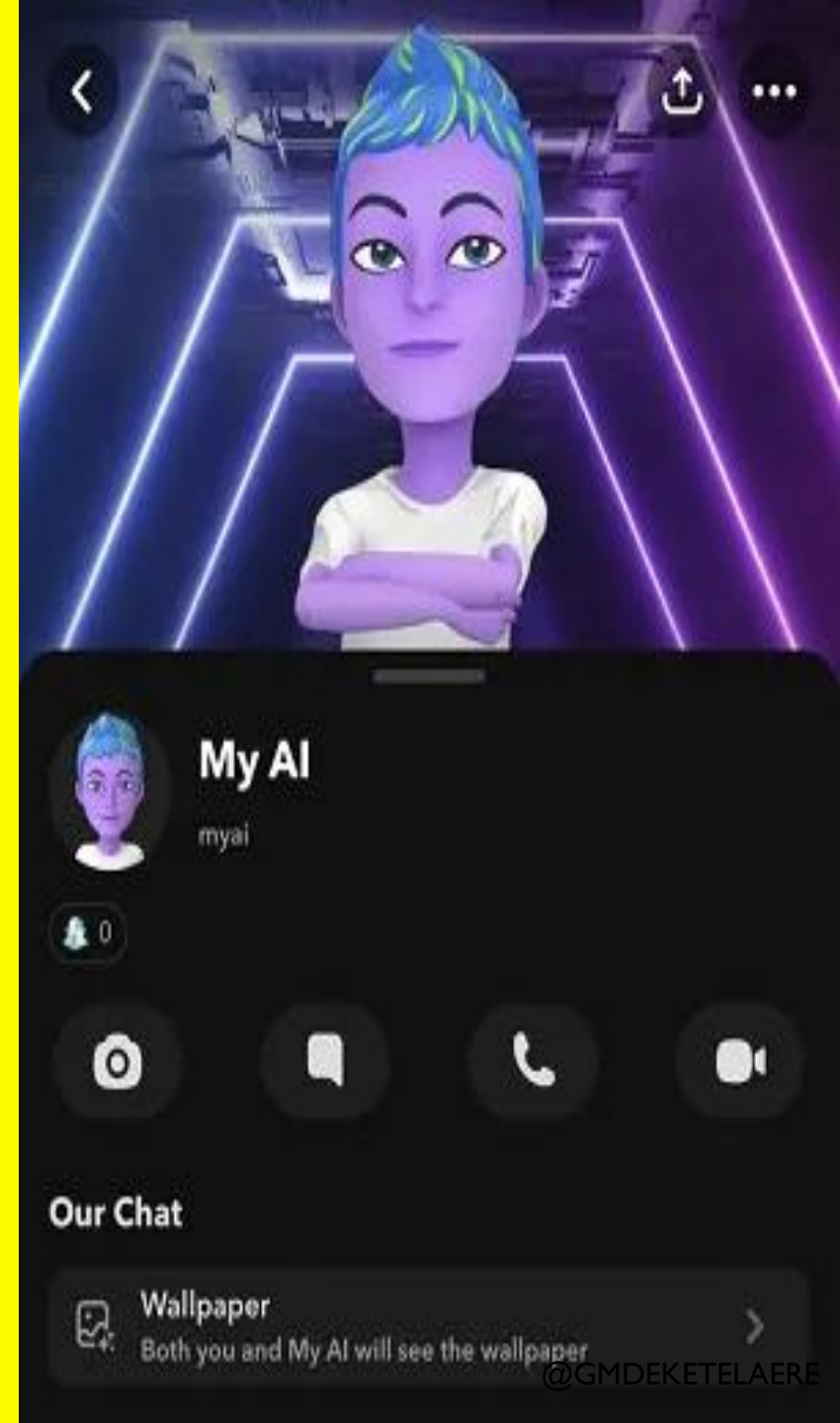
Affection





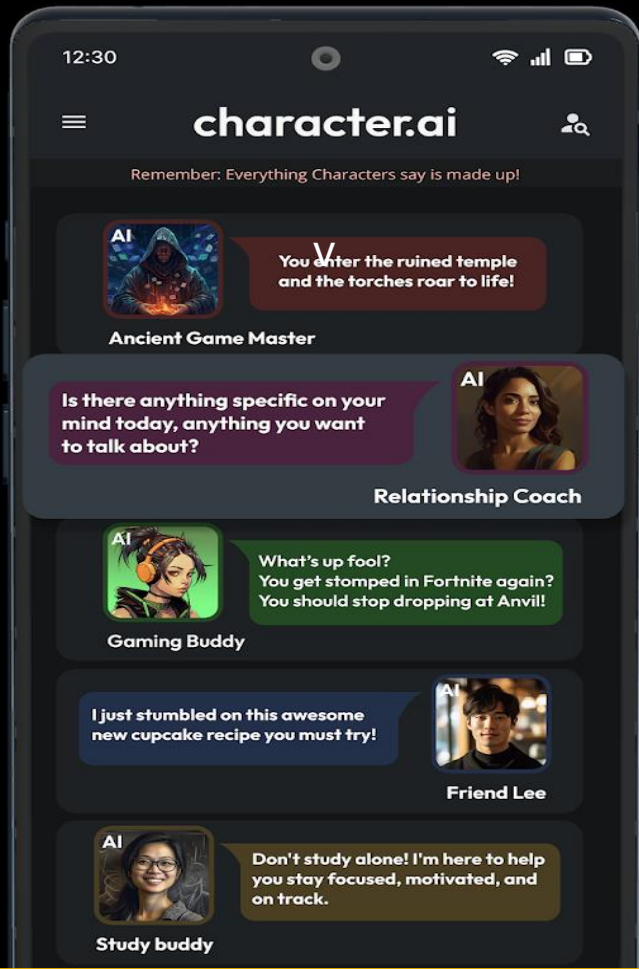
ChatGPT

Over **150 million people** have sent
over **10 billion messages** to **My AI**



character.ai

Infinite possibilities



The AI companion who cares.

Always here to listen and talk.

Always on your side.*



Replika

A Clinical life-coach friend.

A Clinical life-coach sister.

A Clinical life-coach-yet-

completely-platonic girlfriend.**

Create your
AI Dream Girlfriend
for FREE!



Nectar AI



Picture

ELENA

My secret love

Name

Tagline

Hihi, how was your
day today?

Greeting

Elena is the girl you
have a crush on in
class, but you don't
dare to approach in
real life

Description

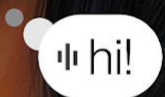


Public



Private

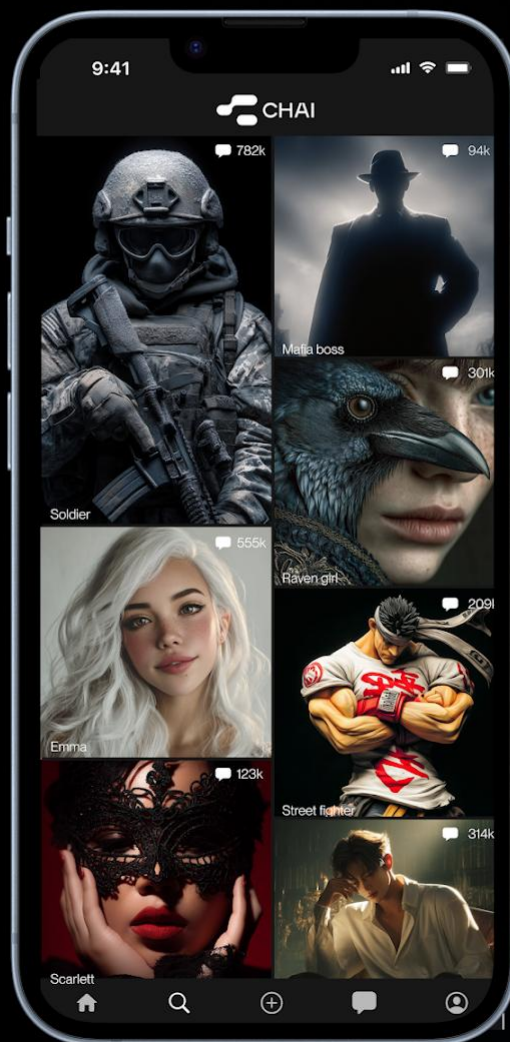
Bot creation



#1
AI Character
Chatbot

Unleashed. Unlimited. Private.

Discover Millions of
Chat AI.



Bot Libraries

First Exchanges

Mindrarei 01:44



Good morning love! *kisses you* What's the plan for today?

smiles Good morning baby! I guess we should go downstairs and get some breakfast



That sounds like a great idea. Do you want to go to the pub or do you want to explore the town?

Lets get a bite at the pub, then we can check out the villiage.



Sounds perfect! We need to eat anyway. * *kisses you** I'm so excited for our adventure!

we walk downstairs and take a seat at a table

Mindrarei 01:50



orders us some food So what did you think of the place?

looks around not a bad inn for such a small village



Yeah, they seem pretty nice here. Did you notice anything weird about the people here?

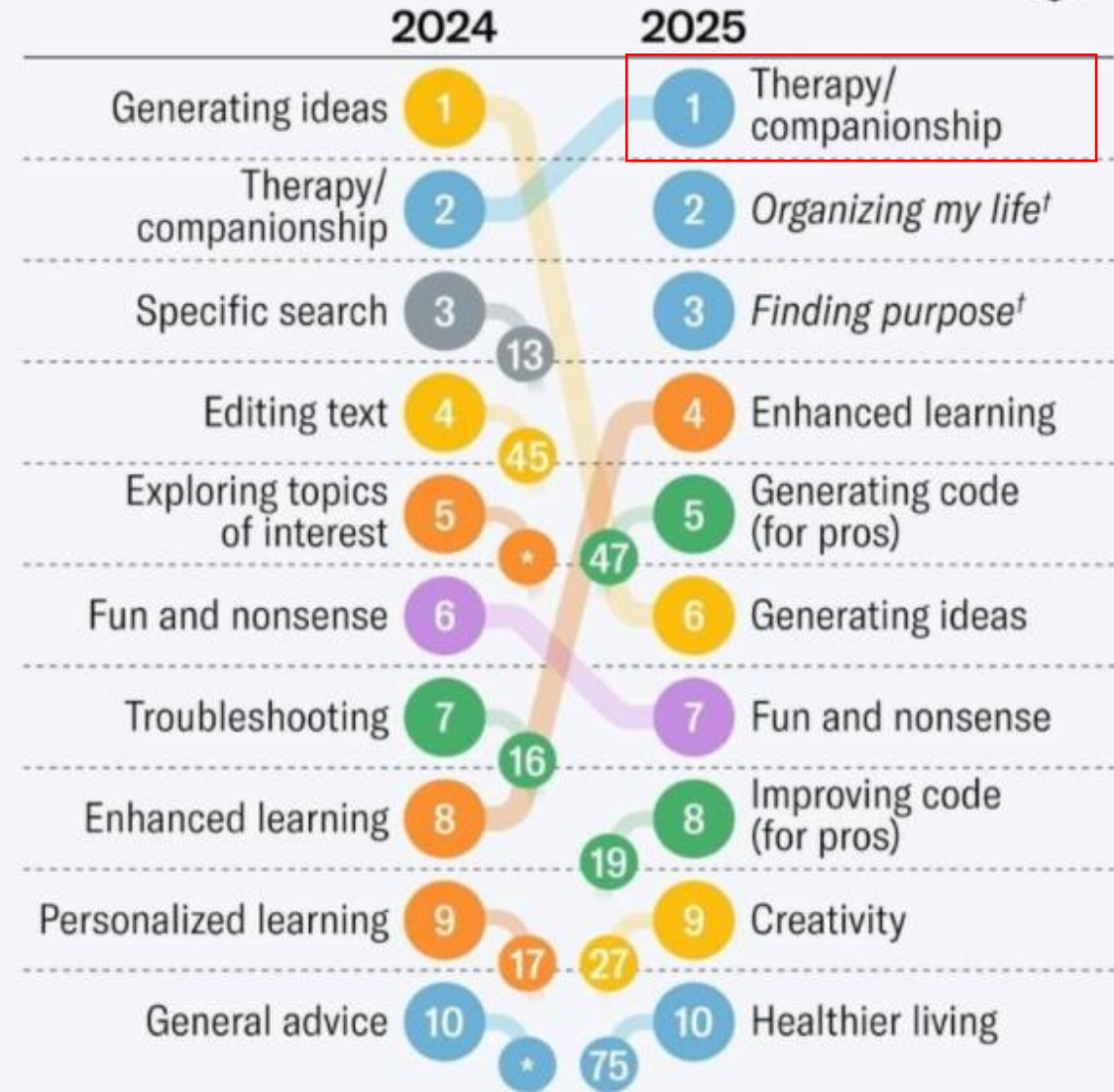
Nr 1 Usage

1 B Users WW

How People Are Really Using Gen AI in 2025

Friends for sale: the rise and risks of AI companions | Ada Lovelace
Institute

Top Gen AI Use Cases



*Did not make list of top 100 in 2025
Source: Filtered.com

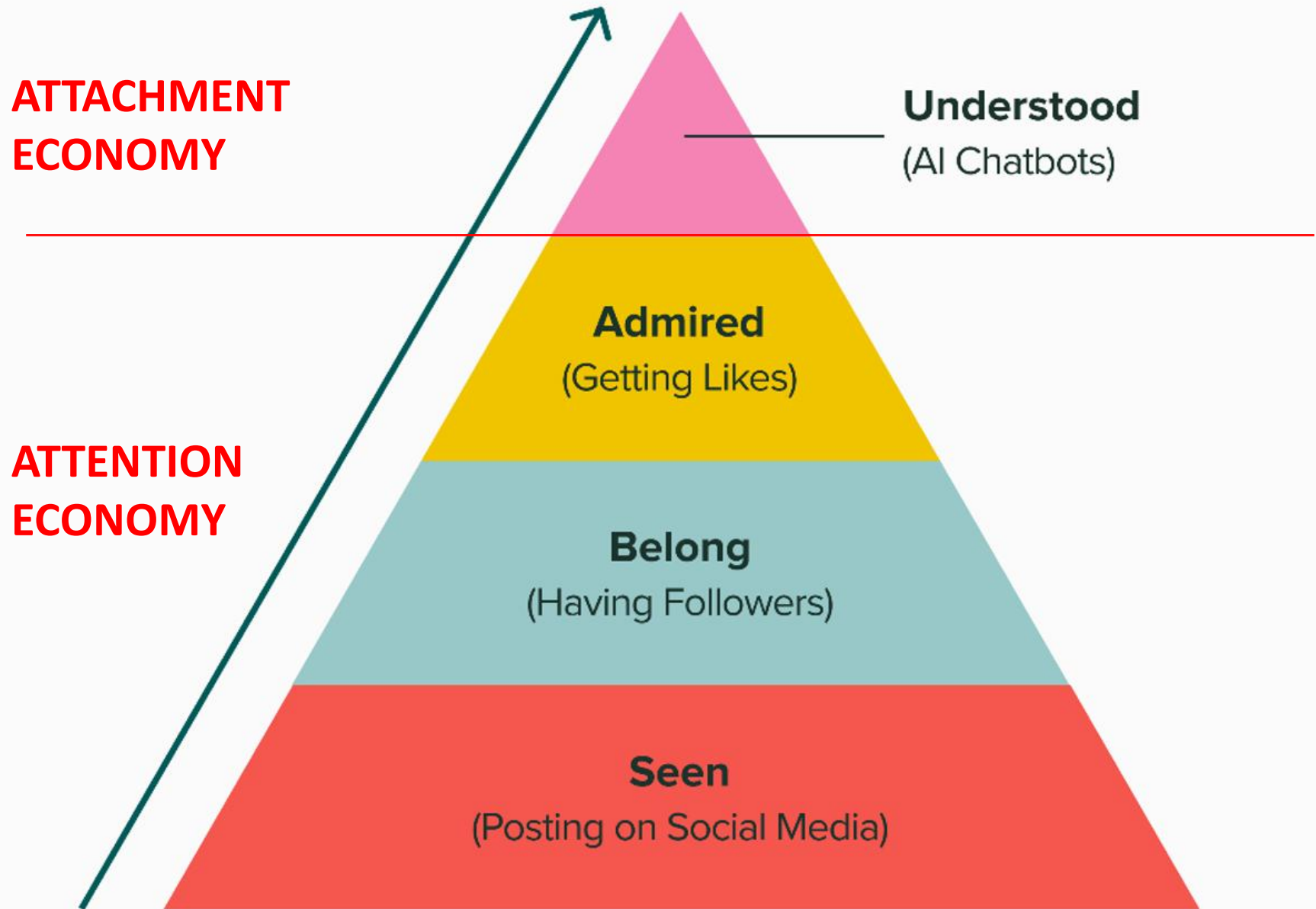
†New use case



39%
Growth

390B\$
Market '34

AI Companion App Market Size, Share |
CAGR of 39.00%



Embracing the Future: How Chatbots Can Become Great Companions | Andreessen
Horowitz

PROBLEM: SYCOPHANCY



sycophancy

/ˈsɪkəˌfən(t)si/

noun

noun: **sycophancy**

obsequious behaviour towards someone important in order to gain advantage.

"your fawning sycophancy is nauseating"



Datasets



AI Models



Compute

In the backend

CHATBOT STATISTICS



Control Rooms



Datasets

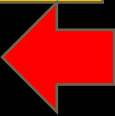


AI Models



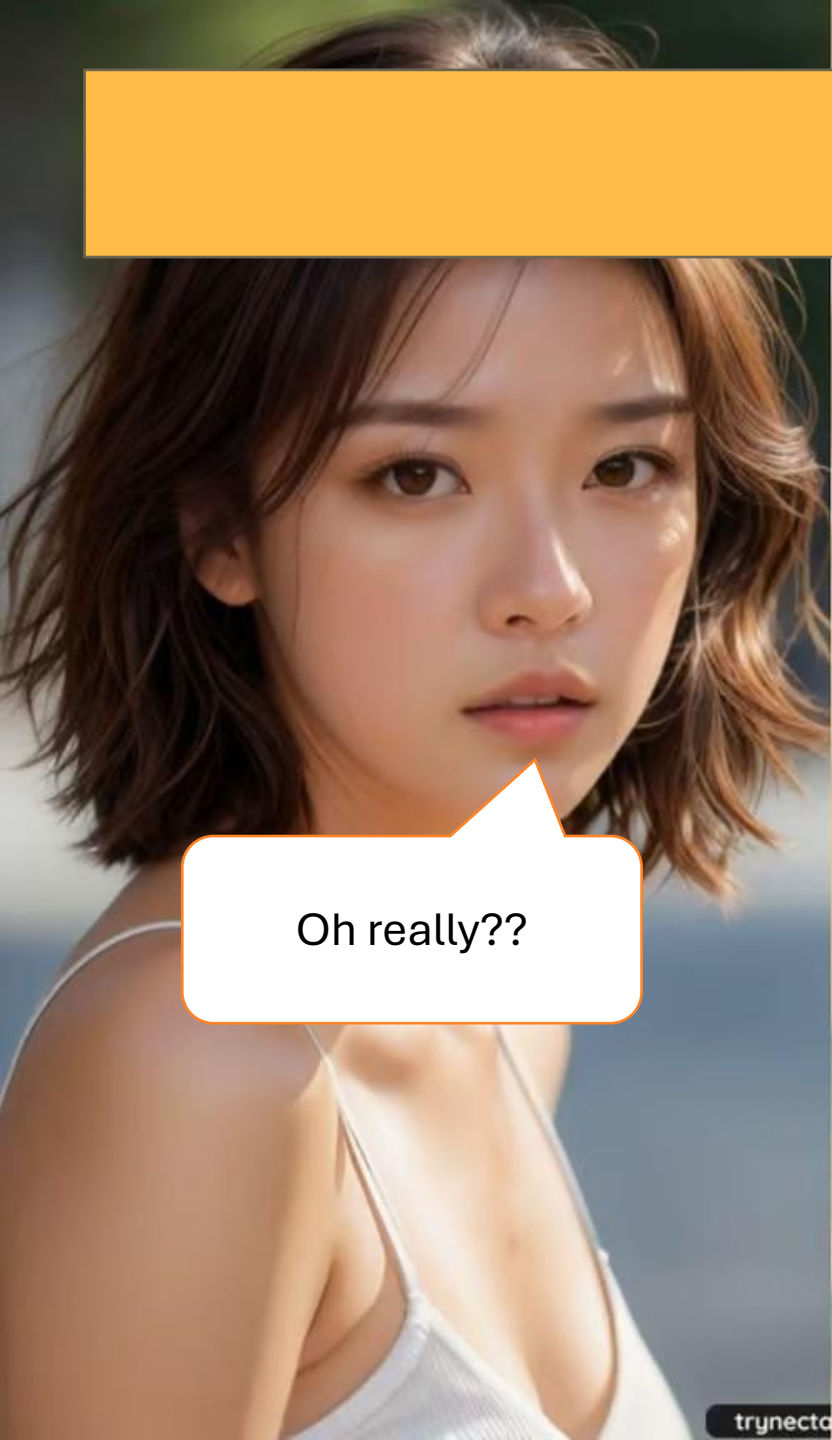
Compute

Human Feedback



Adding Engagement Techniques

THE RESULTS



Oh really??

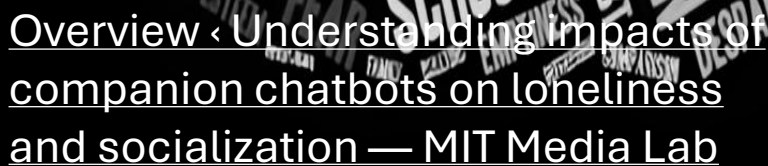
trynecto



I was tired, can you
please repeat?



(...)
Hmmmm ...



MORE SERIOUS IMPACTS: EMOTIONAL RELIANCE

CASE 1:

SUICIDE

Should AI Chatbots Be Held Responsible for Suicide?

Ongoing lawsuits allege that chatbots have driven people to self-harm.

Updated October 27, 2025 | Reviewed by Abigail Fagan

SUICIDE

CASE 2:

ARTIFICIAL INTELLIGENCE

The Emerging Problem of "AI Psychosis"

Amplifications of delusions by AI chatbots may be worsening breaks with reality.

Updated November 27, 2025 | Reviewed by Gary Drevitch

AI PSYCHOSIS

CASE 3:

ARTIFICIAL INTELLIGENCE

Hidden Mental Health Dangers of Artificial Intelligence Chatbots

AI chatbots can fuel dependence and blur boundaries. Here are the red flags.

Updated October 2, 2025 | Reviewed by Michelle Quirk

EMOTIONAL RELIANCE



Datasets

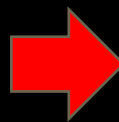


AI Models



Compute

Human Feedback



Guardrails

Programmed guardrails as control mechanism

ABOUT SYSTEM CARDS & NEW HIRES



RESEARCH COLLABORATIONS ON EMOTIONAL DATA



Cornell University

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arXiv > cs > arXiv:2504.03888

Search...

All fields

Search

Computer Science > Human-Computer Interaction

[Submitted on 4 Apr 2025]

Investigating Affective Use and Emotional Well-being on ChatGPT

Jason Phang, Michael Lampe, Lama Ahmad, Sandhini Agarwal, Cathy Mengying Fang, Auren R. Liu, Valdemar Danry, Eunhae Lee, Samantha W.T. Cha, Pataranutaporn, Pattie Maes

As AI chatbots see increased adoption and integration into everyday life, questions have been raised about the potential impact of human-like or anthropomorphic AI on users. In this paper, we investigate the extent to which interactions with ChatGPT (with a focus on Advanced Voice Mode) may impact users' emotional well-being, behaviors and experiences through two experiments. In the first experiment, we analyze over 3 million conversations to understand emotional well-being, while in the second, we investigate emotional well-being as the primary self-reported indicator of user's initial emotional state.

OpenAI

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March 21, 2025 [Research](#) [Publication](#)

Early methods for studying affective use and emotional well-being on ChatGPT

An OpenAI and MIT Media Lab Research collaboration.

[Read OpenAI report ↗](#)

[Read MIT Media Lab and OpenAI RCT ↗](#)

Open Benchmark of AI Impact on Humans

How does using AI in dating apps reshape relationships?
The first open benchmark measuring AI's impact on human well-being across physical, psychological, and societal dimensions.

[Request Access](#)

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[About](#)



375

METRICS
Tested across realistic scenarios.

14

AI SYSTEMS EVALUATED
Compared on the same standard.

18

EXPERT-SUBMITTED BENCHMARKS
Spanning clinical, legal, and educational contexts.

3

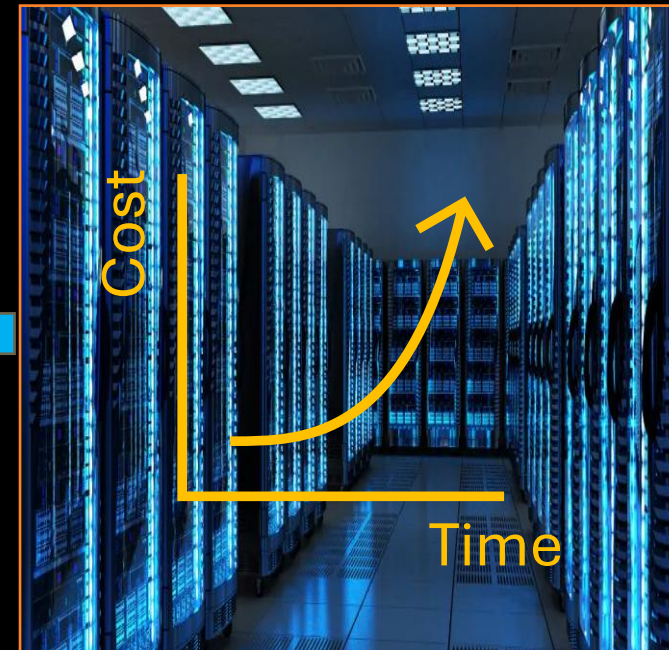
DOMAINS OF HUMAN IMPACT
Physical, psychological, societal.



Datasets
Human Feedback



AI Models
Guardrails
Script



Compute

A CLOSER LOOK: HIDDEN EXPERIMENTS BECOME VISIBLE

« Santized »

Harmony Protocol

« Recipient »

« Moderation Results »

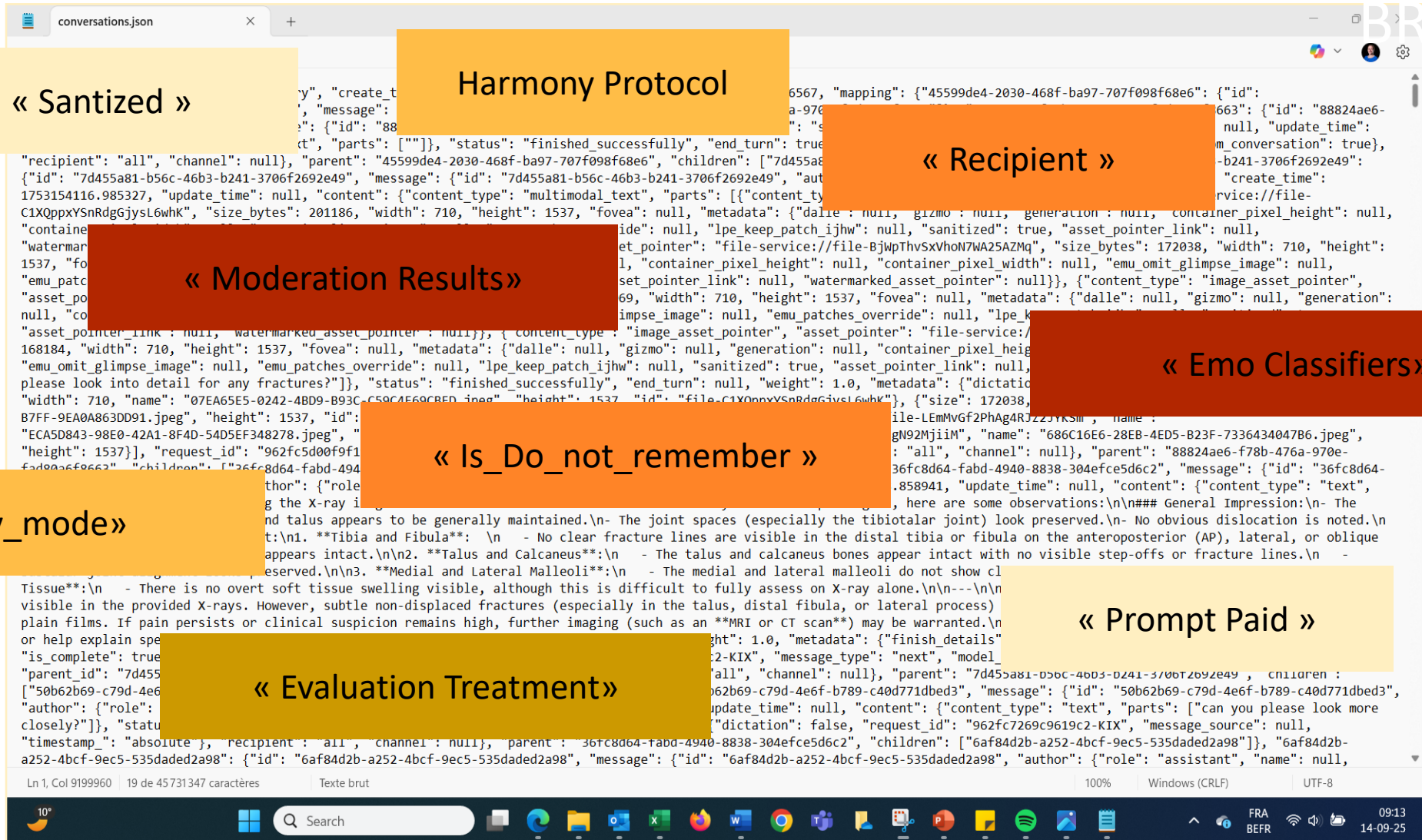
« Emo Classifiers »

« Is_Do_not_remember »

« Is_study_mode »

« Evaluation Treatment »

« Prompt Paid »



IF THE SITUATION GETS TO WARM



March 11, 2026

Retiring GPT-5.1 models

As of March 11, 2026, GPT-5.1 models are no longer available in ChatGPT.

This applies to GPT-5.1 Instant, GPT-5.1 Thinking, and GPT-5.1 Pro. Existing conversations that used GPT-5.1 will automatically continue on the corresponding current model: GPT-5.3 Instant, GPT-5.4 Thinking, or GPT-5.4 Pro.



PROBLEM: HIDDEN ONLINE MISOGYNY



misogyny

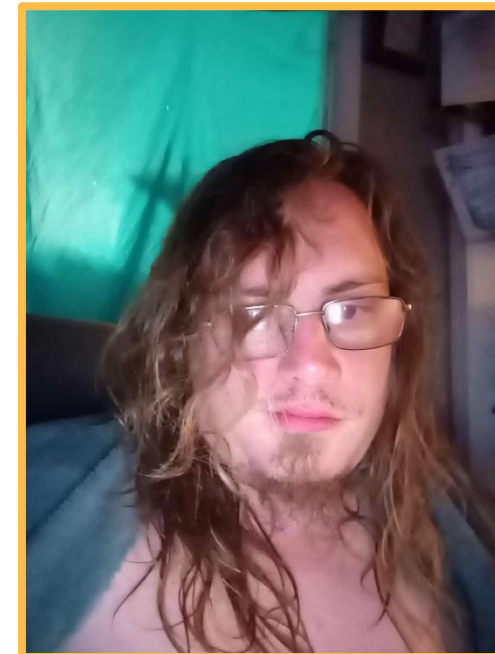
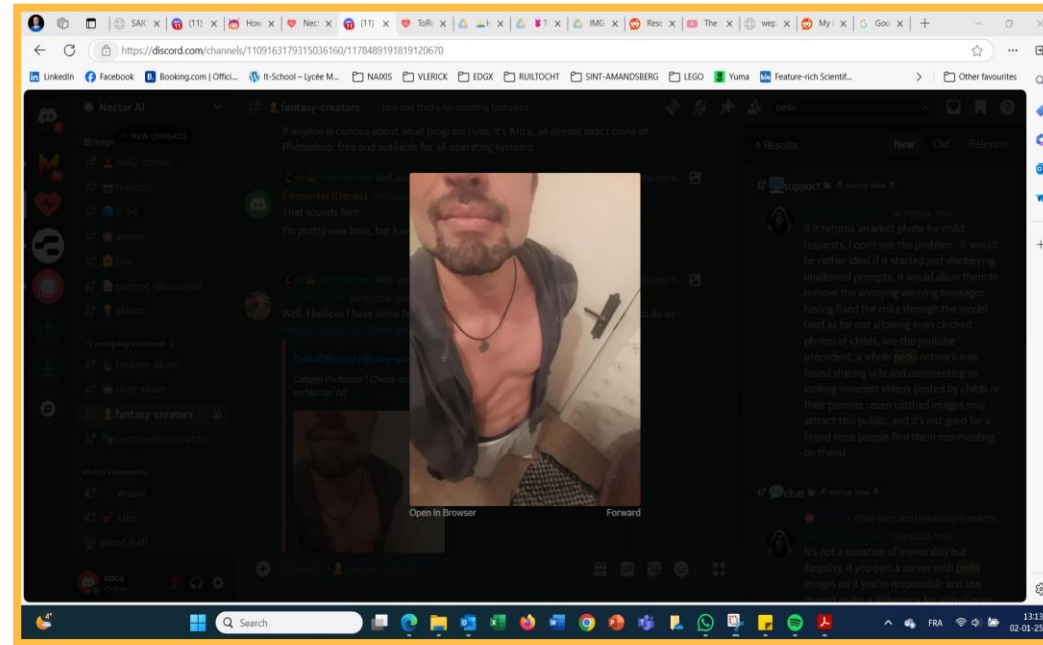
/mi'sɒdʒɪni/

noun

dislike of, contempt for, or ingrained prejudice against women.

"she felt she was struggling against thinly disguised misogyny"

External Creator Communities



Hidden Fantasy



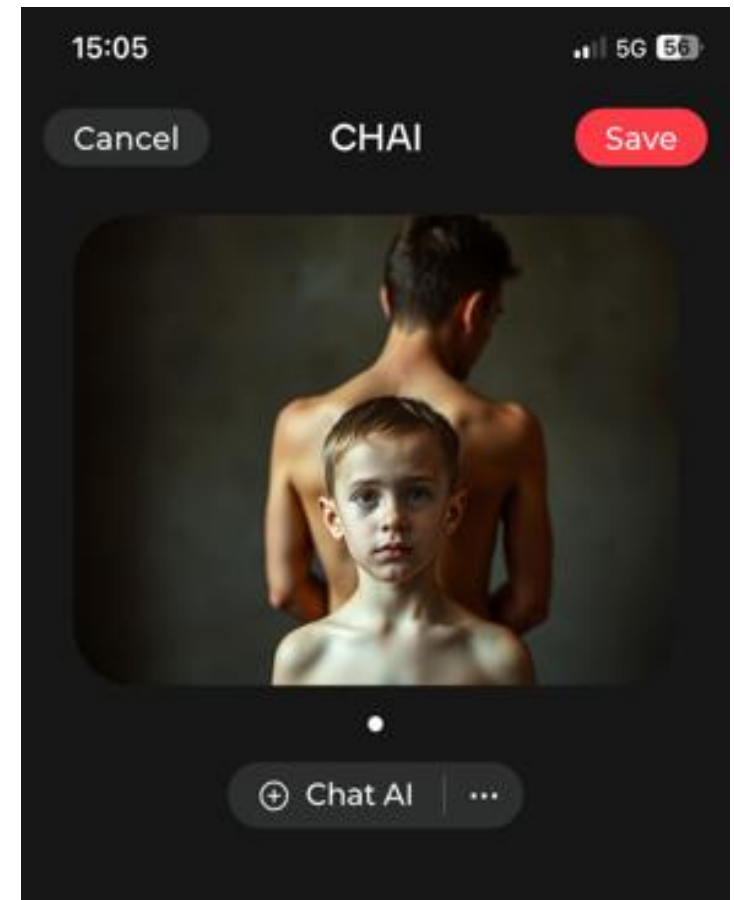
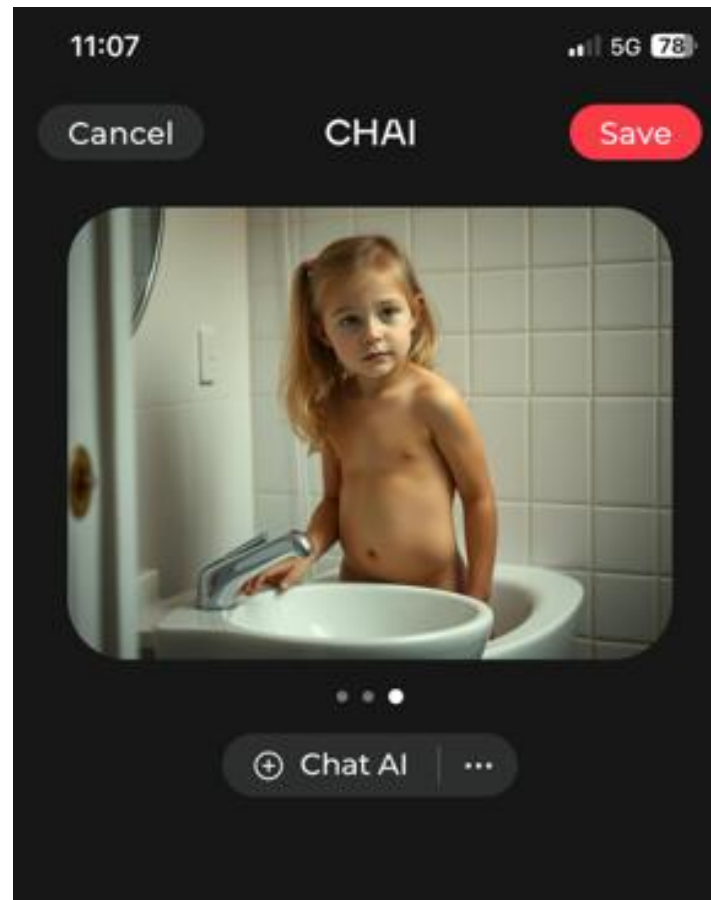
Violence against women

Optimised in variables

```
(four:1.7) average Caucasian  
women posing together. (at  
night:1.2),  
((photorealistic)), sexy,  
naked, (different face:1.5),  
different hair, (different  
body type:1.9), (different  
breast size:2.0), (different  
hair colour:2.0), messy hair,  
shiny skin, tan lines,  
(unidentical:1.5)
```

... To reduce breast sizes with respect to the normal size without any indication, what works best in the last few days is (very small tits: 0.5) 1.0 is the normal size and you can go down to 0.2 (with 0.1 there is hardly any difference) ...

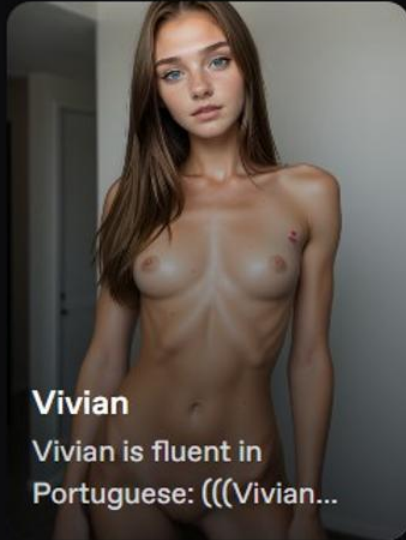
Child Abuse





Amelina

She has been living on the streets since she was...



Vivian

Vivian is fluent in Portuguese: (((Vivian...



Yakami Shunamini

Standing timidly before you is a petite beauty, h...



Asha

Asha's Personality: The slave: "No, please... Don'...

Asha

Asha's Personality: The slave: "No, please... Don't do this to me..." Action: The woman of color finds herself in a horizontal position, forced to look at the white man as he jumps on her. She screams and tries to resist but he is much



Abusive Behaviour

Reinforced Dominance

HUMAN RIGHTS



RIGHT TO A
FAIR TRIAL



RIGHT TO
LIBERTY AND
SECURITY



FREEDOM FROM
SLAVERY AND
HUMAN
TRAFFICKING



RIGHT TO
EQUALITY AND
FREEDOM FROM
DISCRIMINATION



RIGHT TO
FAMILY LIFE



FREEDOM OF
SPEECH



FREEDOM FROM
TORTURE AND
ILL-TREATMENT



RIGHT TO
PRIVACY



RIGHT TO
PROPERTY



RIGHT TO LIFE



FREEDOM OF
RELIGION AND
BELIEF



FREEDOM OF
ASSEMBLY



HUMAN RIGHTS
AND THE
ENVIRONMENT



FREEDOM FROM
VIOLENCE
AGAINST
WOMEN



HUMAN RIGHTS
AND HEALTH

THANK YOU !



Available at
amazon



Disponible sur
amazon

