Tending to Our Humanity in the Age of AI

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Challenges to Our Humanity
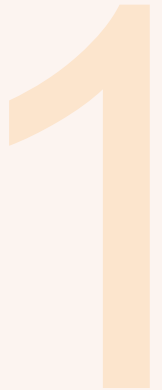
...and practices to overcome them

The Challenge:
Using AI to Generate Entire Sets of Content

- Loss of personal style and voice.
- Decreased ability to express original thoughts and ideas
- Over-dependence on AI for creativity

The Practice → Be Independent in Your Writing

- Write & brainstorm
- Supplementary tool, not creator
- Proofread X3

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The Challenge:
Accepting AI analysis without questioning its fairness & accuracy

- Unknowingly perpetuating biases present in AI algorithms
- Misinterpretation of data due to unrecognized AI biases
- Making decisions based on skewed or partial information

The Practice→ Be discerning

- Evaluate and question
- Cross-reference
- Practice mindfulness

The Challenge:
Relying on AI to understand or interpret your emotions

- Reduced ability to understand and process personal emotions
- Over-reliance on technology for emotional validation or guidance
- Decrease in emotional intelligence

The Practice→ Be introspective about your feelings

- Caution in using AI to interpret/guide emotional responses
- Regularly engage in self-reflection without technology
- Mindfulness, journaling or talking to understand/express

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The Challenge:
Letting technology dictate your decisions and daily habits

- Reduced self awareness
- Potential addiction to or over-dependence on technology
- Loss of personal control over choices and preferences

The Practice→ Be self-controlled, not tech-driven

- Specified tech times
- Make conscious decisions based on personal awareness
- Engage in non-tech activities; practice being mindful

The Challenge:
Depending on AI to define your personal values and beliefs

- Loss of personal identity and individual belief systems
- Reliance on AI for moral and ethical guidance
- Diminished capacity for critical thinking and personal interpretation

The Practice→ Be the source of your own meaning

- Reflect on values and beliefs independently of AI influence
- Draw conclusions based on personal reasoning
- Diverse discussions

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Awareness & Values Exercise
Create Four Columns:

My Struggles
My Strengths
My Goals
My Gratitude

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Tzu-Gung

4th Century A.D.

Be independent
Be discerning
Be introspective
Be self-controlled
Be the author of your meaning

Thank You!

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