

Becoming friends with artificial intelligence

Fears of the unknown are normal, but AI can be useful to your health if you can navigate it

SOT

Dr. Ari Lakritz [ARR-ee LACK-ritz], OSF HealthCare clinical psychologist

“You’re absolutely normal to be anxious when there’s the first stirrings of big shifts in technology or other things that might change our life.” (:11)

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“See if you might be able to be part of that. Start integrating some of that into your day-to-day practice.” (:06)

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“It has potential to streamline things we don’t like to do, giving us more time and energy to do things we want or things we feel are important.” (:12)

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“That’s like Googling your symptoms when you’re sick instead of going to a real doctor,” Dr. Lakritz says with a hint of dismay. “You’ll get a great deal of information, but there will be very little guidance about *how* to use that information and which information is more applicable to you.” (:13)

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“These are programs that have been tested and vetted. There’s oversight and accountability. There’s research behind it. Whereas with an AI assistant, it’s not clear the source of information. It’s not clear how to *use* that information best.” (:18)

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“Do you feel you’re doing too much of it? Do you find your use of technology is taking over other interests in your life? Have you tried to cut down but have not been able to? Do you find that using so much technology causes you to stress or dysfunction?” (:20)