

Artificial Intelligence - Real interactions

Whether you see AI as a boon or a bust, *your interpersonal world still matters*. AI ‘answers’ everything, but what about the skills and lessons we humans learn from *not* having the answers? From leaving an interpersonal interaction deeply impacted, confused, or stimulated without exactly knowing why? For humans, these *interactions* are what make life worth living because they create *friction*. Love, creativity, and beauty come from friction. Errors, mistakes, and conflict create the conditions for relational depth. In an AI world, we risk losing friction, and thus beauty and love, altogether. Advice from a machine can only carry you so far. For now, you still have to go out and live. You have to go out and ask people questions, risk conflict, object to others’ comments and judgments, and navigate the point at which our (*uniquely human*) inner and outer worlds collide.

- Has AI psychologically harmed you?
- Are you burned out from using it all day, even if you find it useful?
- Are you simply craving more and deeper human connection?
- Are you interpersonally out-of-practice in a tech-driven world?

Friction & fulfillment: <https://www.libertypsychotherapist.com/post/friction-fulfillment>

With me, you’ll kick off the relational rust, learn to ‘go toward’ the trials of *real* human interaction, and live life less encumbered by *perceived* interpersonal risk. **Up with friction.**