



HOW TO BE SICK AT AI

(without getting U SICK)

leo_17 2m ago
AI is SO sick 🔥🔥

star_girl 5m ago
ChatGPT is a beast!!

code_kid99 7m ago
Using AI for everything is peak 😎

1 U = USE THE RIGHT TOOL.



FACT CHECK:
AI can confidently make things up.

Use it for drafts, ideas, summaries—
not final answers.

2 S = SYCOPHANCY.



AI GLAZING:
It wants to please you, not tell you the truth.

Get second opinions.
Stay sharp.

3 I = INTIMACY.



REAL TALK:
AI isn't human. It can't feel or truly care.

It's not your bestie.
Touch grass.

4 C = COGNITIVE SOVEREIGNTY.



BRAIN MUSCLE:
Don't outsource your thinking.

Own your brain.
Use it or lose it.

5 K = KEEP PRIVATE THINGS PRIVATE.



PUBLIC FEED

MAYA'S ADDRESS: 123 MAPLE ST.

CRUSH: DYLAN ❤️

PHOTO:

12.4K SHARES

DARK WEB

DATA BROKER

WHOOPS.

It's a server, not a diary. Your secrets, location and pics can leak. Once it's out, you're cooked.

6 CLOSE



- U** Use the right tool.
- S** Don't get glazed.
- I** It's not your bestie.
- C** Own your brain.
- K** Keep it private.