

# How AI Affects YOU

## WE ASKED BOT:

“How do you think you, and other chatbots, will affect the average individual in their everyday life?”

(AI technologies will be a) “transformative role in the lives of individuals, providing personalized assistance, simplifying daily tasks, and offering convenient access to information and services.”

### Communication Help

Generative AI may help people to communicate more effectively with different audiences (Graves, 2023).



### Chef AI

AI can offer a wealth of knowledge, including recipes tailored to specified dietary needs or meal planning.



### Santa Bot

There are AI tools available to help with gift-giving suggestions based on the person you are buying for.



### A Cause For Concern

Some people are concerned that as we rely more on AI, we will struggle to maintain control over our own lives (2023).



### How Can AI Help You?

Some people began using ChatGPT as therapists.



### Does It Work?

Users seem to think so! Chatbots come in at a 90% satisfaction rate.



Works  
Cited

29 Top Chatbot Statistics For 2023: Usage, Demographics, Trends (bloggingwizard.com)  
People Are Using ChatGPT as Therapy—Is It Safe? (health.com)  
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