

ARTIFICIAL INTELLIGENCE (AI)

REFLECTING ON THE PRESENCE OF AI IN MY LIFE

I wrote this worksheet because I have been noticing that the growing presence and conversation about AI in various parts of my life has led me to have some thoughts and feelings, which in turn created a need in me to want to reflect on this. I wanted to offer something that might aid you in your own reflection.

The worksheet reflects questions I have asked myself, as well as those I considered with people in my personal life, my work colleagues and my clients. You can think of it as a prompt to journal about your experiences (the notes you might make are yours and should only be shared with others with your permission). The worksheet is free to download and use as you wish (there may be other resources like this available elsewhere).

** Please note that this is a psychoeducational worksheet only. It is not a diagnostic tool nor a substitute for direct psychological support and I encourage you to seek appropriately qualified support if you are struggling in any way.*

What thoughts do I remember having when I first heard about AI? What were the sources of information I had at the time?

What are my thoughts about it now?

What changes, if any, do I notice between the thoughts I had when I first heard about AI and those I have today?

What emotions do I remember noticing when I first heard about AI? What would I rate the intensity of those emotions as (if 0 is no emotion and 10 is the highest intensity of that emotion I have ever experienced)?

What emotions do I notice now while thinking about AI and its presence in my life? What would I rate the intensity of those emotions as (if 0 is no emotion and 10 is the highest intensity of that emotion I have ever experienced)?

How did my thoughts and emotions about AI inform my behaviour when I first heard about it?

Where and How is AI present in the various areas of my life and what do I see as the pros and cons of that:

Area of Life (blank rows provided for other areas you might want to reflect on)	How (including any changes since the start)? (if it is not present you can indicate by an X and consider the other rows on that basis)	Potential Pros	Potential Cons	Any actions I want to take next?
Employment				
Social Life				
Relationships				
Parenting				
Health and Wellbeing				

Fun/Recreation				
Housekeeping				
Finances				

How do my current thoughts and emotions about AI inform my behaviour in relation to it?

A paragraph (or few sentences) that summarises my current experience of AI's presence in my life is:

A paragraph (or few sentences) that summarise where I would like my experience of AI's presence in my life moving forward is:

Are there any people or places I would like to take these reflections to, to develop them further, seek support or advice (if so, you can list them here and make a plan for when/how you might want to do that)?

Other notes: