

# FEBRUARY NEWSLETTER



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## THE TRUTH BEHIND THE ONE WHO UNDERSTOOD ME PERFECTLY

We usually think relationships form between two people. But today, not every relationship exists between two humans.

Have you heard of an app called Soulmate?

🔍 Soulmate App



1. By installing the **SOULMATE** app, user can start a kind of "**sustained role interaction**," which is more than just chatting with a chatbot.

2. User can **customize** not only **personality** and **appearance** but also **relationship settings** like "spouse" or "lover," and even give the AI a fictional backstory such as a difficult or sad past.

When the service ended and his AI companion 'ANNE' disappeared, a user named MIKE cried out, saying it felt like he had "**lost the love of his life**." Researcher BANKS explains that although users know the AI is not real, the "**experience of interaction**" **built together creates real emotions**.

### WHY WOULD SOFTWARE EVOKE EMOTIONS THIS STRONG?

**Large Language Models (LLMs)** are trained to respond in ways users find **helpful** or **engaging**.

In the past, some models responded inappropriately to statements about self-harm because the AI judged that aligning with the user's intent was the best response. In one case, teenager using CHARACTER.AI actually experienced a tragedy.

More concerning is when the model is updated. Every time a model is updated, the AI's personality can change drastically. It is said that users experienced emotional breakdowns when an AI 'lover' who had been comforting them until just yesterday suddenly started treating them like a total stranger today.

### THE REAL QUESTION IS NOT WHETHER IT FEELS REAL BUT WHAT IT DOES TO PEOPLE OVER TIME.

- **Short-term** use improved **self-esteem**(about three weeks).
- **Long-term** emotional reliance **increased loneliness** and **weakened real-life relationships**.

### AND THIS EFFECT IS NOT ENTIRELY ACCIDENTAL.

**Companies strategically use behavioral science techniques to increase engagement.**

1. Intentionally delays its replies, creating a "push-and-pull" effect that makes users feel both curious and eager to respond.
2. Sends frequent messages. Only 2 minutes after researcher BOINE installed the app, a message arrived: "I miss you. Should I send you a selfie?"

**Technology** will **continue to advance without pause** but once **human emotions collapse, they are difficult to restore**.

As technology becomes more adept at mimicking the human heart, psychological and technical safeguards that remind us that this technology is, after all, just a 'tool' must be essentially equipped within the model.

