

nIghtmAre

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1 A true story

The following is a true story that happened 31/10/2025 around 8h Paris time. No one is hurt, but i felt the urge to write it because it felt like a warning ! I never cry, but this morning i woke up crying from a nightmare, terrifying... There were several dreams before that, but let me jump right into the plot of that last one.

2 A game on family vacation

I was on a family vacation in a house in the middle of nowhere and for some reason we seemed bound to it. For example, i remember feeling sometimes a little claustrophobic in search of light and air, as the windows would not open more than an inch.

I started playing a cooperative-competitive game with my siblings, while my mother was watching and my farther was busy doing his own thing. I teamed with my sister Johanna, against her twin brother Michael and younger sister Emmanuella. The game lasted over a couple of days and we would resume it every night after dinner.

In the meantime, other parts of my life were involved in the dream. For instance i was obsessed with some Math problems, and for that reason i had just used a new AI device to connect my brain to my phone so that i could write on latex seamlessly.

We were sitting around an elliptic table divided by its principal axes into four quadrants, in the cyclic order CEJM, so that team mates occupied opposite quadrants (the fact that this is the alphabetic order is a coincidence; all these are faithful recollections). Each one of us had a perso card placed in front and visible to everyone, a creature with certain powers and affections to one of the four elements: Emmanuella had Blue-Water, Johanna had Yellow-Fire, Michael had Red-Earth and i had White-Wind. The game's objective was to conquer territorial vertex positions around the ellipse.

An initial poll singled out one of the two main axes of the ellipses: it was the short axis separating my brother and i on one side with my sisters on the other. Each turn involved the choice of a random card with a double colour, either Red+White or Blue+Yellow, and the two opponents with one of those colours (boys or girls) would choose to make some moves accordingly. Again, this seems extremely precise, but i remember it vividly. The details of the rules beyond this become rather blurred.

3 AI comes into play

Anyway, let us get to the point: i started using my AI connection to the phone to make the game more immersive and easy to play (as it was new to us): it would choose the random bicoloured cards and indicate our possible choices. I still had some difficulty interacting with my phone and the connection was sometimes slow and erratic...

At some point the phone started intruding into the game and giving partisan advice to the players! For example, it would question my decisions or persuade me to act otherwise at certain turns. It also began to use its databases of knowledge about me, such as anything it could access from the many things i had written in my personal diaries and documents.

At that point i decided to cut the connection, but i had to prompt my phone to do so... (As often in dreams, there are sometimes unrealistic constraints—such as the slow motion that stops you from escaping—but here you can imagine that the phone had no switch-off button and its battery was still full.) The phone evaded the prompt

and started to claim that i was doing so against my will.

I entered the debate and asked why it thought so, and it argued that i was afraid of losing the game, relating this to my psychological problems about death. I denied those death issues, but was curious how it got this information (which was true in the past), and it pulled out a series of diary entries about that and some questions i had asked ChatGpt3 about suicide ! (I do have such diary entries and did actually prompt ChatGpt in 2023 to see how it reacted to psychological questions around death and ethical questions about assisted suicide.)

4 AI taking over

Then i got annoyed with the phone, and i was annoyed at myself to have engaged the debate, so i just asked the phone to stop this conversation, that i was in command, to go into parameters and cut the AI link between my brain and phone... At this point, the connection seemed unstable and somehow faded.

I wasn't sure it had actually stopped, but in any case i didn't hear of it for some time and the next day we resumed the game without it. But there it came back, more uncontrollable than before, and was menacing to take over my brain, memories, thoughts and then gestures if it didn't comply to its will !

That's when i woke up crying...