The Emotional Cost of Digital Resurrection

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Editor

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Dear editor,

I am writing this letter in response to the article titled "*Talking to dead people through AI: the business of 'digital resurrection' might not be helpful, ethical… or even legal*" by Damián Tuset Varela on October 30,2024. The article discusses how AI can affect memories, as in trying to preserve and recreate the memorise of loved ones can actually change our real memories. I believe that using AI for digital resurrection is harmful because the society is not ready for the emotional changes as well as it will interfere the natural way of how people deal with loss and pain.

Digital resurrection interferes with the natural process of coping with loss and healing. Dealing with loss is a natural process of healing which help you to overcome the hard and tough time when you lose someone you have loved. Digital resurrection is seen as a way to preserve the memory of those who have passed, but human memory is constantly changing and evolving. Creating a digital version of a loved one could replace genuine memories with artificial ones that may feel real but are not in real. Additionally, a person's identity is shaped by their unique experiences and relationship (Damián Tuset Varela). When technology creates a replica of someone, it stops the people to fully accepting the reality of loss. For example, if someone keep interacting with the digital version of the one who is already dead, they will be emotionally stuck. This will result in isolation and depression. Moreover, they will be more focused interacting with artificial memory rather than living their own life. Furthermore, they don't even participate with the people around them and will stick with someone who are no more, this will also affect the people around them and make things even more complicated. This is the reason I believe that digital resurrection will not give comfort instead it will give harm.

If we will not take action to regulate or control the use of digital resurrection, we are risking the practice of self-heal and harms the process of dealing with loss. It will be good if people start absorbing the pain of loss and avoid using AI to create a false life or memory of someone, they loss. For example, one of my know friend loss his mother and father both few years ago but what if he didn't overcome that horrible incident, he would never meet us or never lived a good life he is living right now and will stick with his parents' replica memories. He takes a good step and he understand the meaning of life and he let his parents go without overwriting the memories and keeping the one's he really made with them. So, I would think that rather than faking the memories of dead, we should believe the natural process which allow people to heal rather than making emotions more complicated.

In conclusion, digital resurrection disrupts the natural process of deal with loss and healing by replacing genuine memories with artificial ones. I encourage readers to know the importance of accepting loss and avoid relying on technology to replicate the dead. Let's not use AI for these purposes. Focus on self-healing and overcoming the mental breakdown and start living in present rather than stuck in past.

Sincerely

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Damián Tuset Varela (2024, October 30). **"*Talking to dead people through AI: The business of 'digital resurrection' might not be helpful, ethical… or even legal.*"** The Conversation. **Talking to dead people through AI: the business of 'digital resurrection' might not be helpful, ethical… or even legal** .