Ai and human weakness is a topic that is not talked about enough. Ai uses information to predict and manipulate humans and exploit humans of their weaknesses. How does AI do this, and how can us as humans fight against it?

Social media is like a drug. Using social media releases dopamine like some other drugs do. Social media being addictive makes people spend so much time on the screen. How can we stop this from happening? They should stop using social media and delete social media or turn off notifications.

Social media uses supercomputers that analyze everything you read, touch, and say to make an algorithm to find more addictive videos or photos to keep you on the screen longer. To stop this is that you can turn off social media platforms or you should read the terms of service that says that you are being recorded for everything you do.

Social media also brings out propaganda, fake news, resulting in people believing things that are completely false. Social media manipulating people to fake news makes people spend more time learning about it leading them into rabbit holes. We could stop this by fact checking things on social media instead of believing everything you see without any fact checking.

The algorithm is trained to give you videos that interest you. The algorithm uses AI to make a feed to keep you on the screen. You can stop this feed from being addicting by using free of bias information. Training the Algorithm can be useful so you can't be manipulated.

In conclusion AI uses human weakness to manipulate you and keep you on the screen. How does AI do this? They do this because of recording how you interact with the internet. We can fight this in a number of ways.