Artificial Intelligence, also known as AI, is very skillful in learning and adapting to human nature and taking advantage of our weak points. *The Social Dilemma* does an amazing job of delving into the artificial intelligence theme. Addiction, Polarization, and Circulation are some of the most impactful ways AI manipulates us and takes control of our lives.

App developers and software companies program AI algorithms to interpret data that the user behind the screen inputs unknowingly and find the things that interest us the most. They see what grabs our attention and use that against us to hold us captive to the screen without our knowledge. When using apps such as Instagram, TikTok, or YouTube, your likes and dislikes get sent to an algorithm to send out videos and images to keep you constantly watching or viewing. The dopamine chemicals set off in your brain and create an addiction to your screen, causing you to watch more and more videos and ads by the hour, which gives them more monetization. They feed off your addictions to make money off your views.

In addition to addiction, AI uses circulation to feed off our weaknesses. The algorithms spread ideas that the companies feel they want to spread. It has been proven that these companies can choose to spread different ideas to people in vast areas, causing a divide among people. By rolling out specific ideologies, especially political ones, they can manipulate our thoughts and change how we feel about parties. It aids in polarization among people and contributes to the downfall of democracy.

In conclusion, human mental weakness allows AI to have the power to overcome us. When we allow the AI to read off of us they can exploit us in many ways. AI uses addiction and specified circulation to exploit us.