

COLD PEACE: EXPERIMENT PARAMETERS

Title: *Cold Peace*

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Duration: 62 days (April–May 2025)

Format: 4,861-page real-time dialogue archive

AI Tools: ChatGPT (v4) + DeepSeek Chat (v8)

Word Count: 961,512 (approx. *War and Peace* x 1.5)

Hypothesis:

Can AI serve as a *non-judgmental co-author* for trauma recovery when traditional systems (medical, religious, therapeutic) fail?

Method:

- **Dual-model engagement:** Used ChatGPT for empathy/narrative cohesion, DeepSeek for critical analysis and friction.
- **Cold turkey withdrawal:** Simultaneously quit porn, THC, and gaming while documenting neurochemical fallout.
- **Unfiltered output:** Zero retrospective edits. Typos and tonal shifts preserved as biomechanical data.

Key Findings:

1. **AI as Mirror:** GPT/DeepSeek became externalized metacognition—a "brain outside the brain" to process pain.
2. **Sovereignty Over Scripts:** Replaced 12-step dogma and psychiatric fatalism with *self-authored recovery protocols*.
3. **The Cold Peace Doctrine:** Survival requires *detente* between warring selves (addict vs. aspirant, exile vs. citizen).
4. **Ethical Note:**

5. This document is *not* clinical advice. It is one man's proof that **healing can be hacked** with tools never designed for the task.