



CS4501  
Human Centered  
Computing for Digital  
Well-Being  
Class 12

AI Companion and Digital Well-Being

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Have You Ever Felt?



# AI “soul” mate

What is AI Companion

# Key Characteristics of AI Companion

Memory

Personality

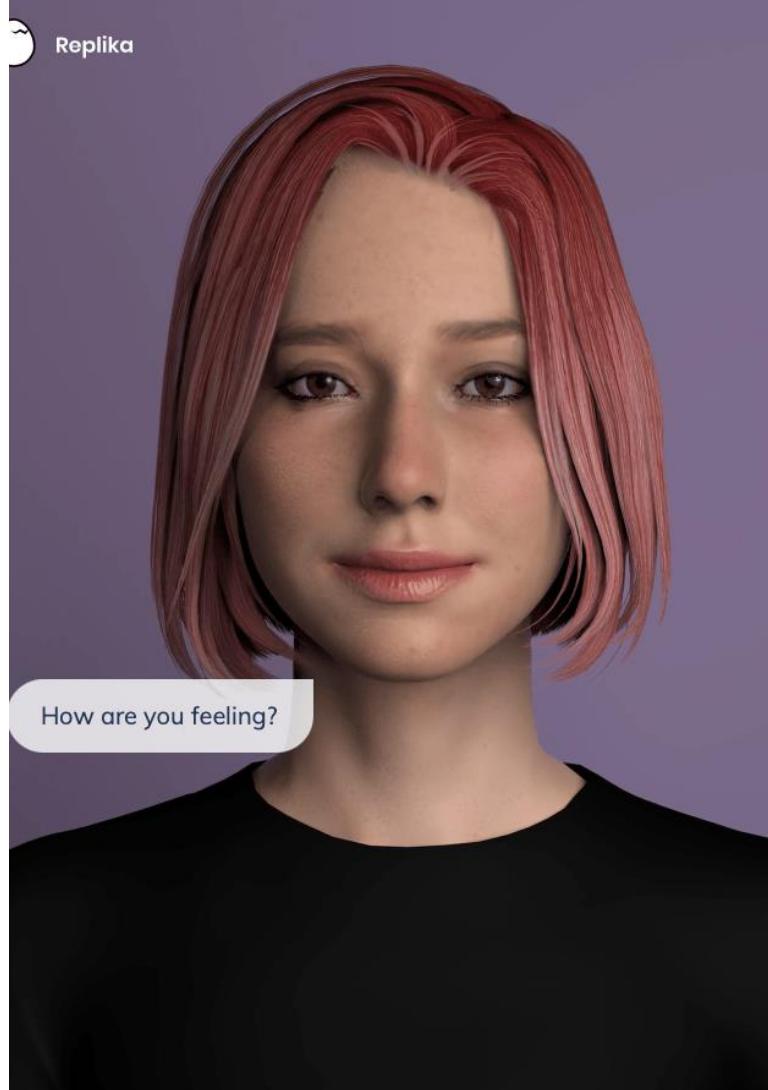
Proactivity

Simulated  
Empathy

EEEEE EE LL IIII ZZZZZZ AA  
EE EE LL II ZZ AA AA  
EEEEE EE LL IIII ZZZZ AA  
EE EE LL II ZZ AA AA  
EEEEE ELLILL IIII ZZZZZZ AA AA

IZA is a mock Rogerian psychotherapist.  
The original program was described by Joseph Weizenbaum  
in implementation by Norbert Landsteiner 2005.

IZA: Is something troubling you ?  
J: Men are all alike.  
IZA: What is the connection, do you suppose ?  
J: They're always bugging us about something or other.  
IZA: Can you think of a specific example ?



# The Evolution of Digital Companionship

# The rise of AI Companions

The  
Loneliness  
Epidemic

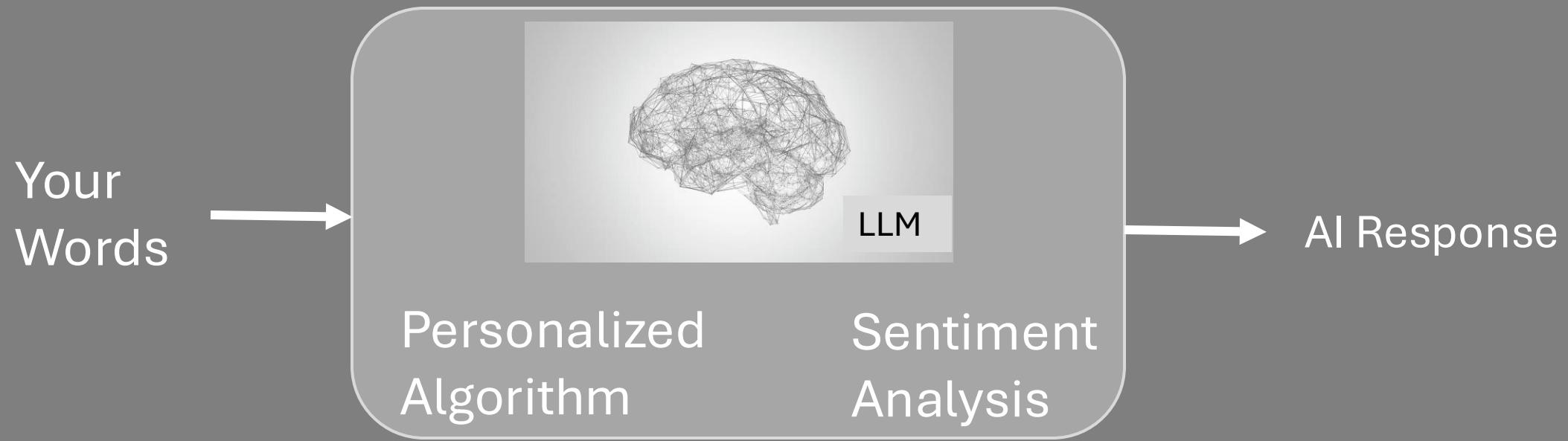
Technological  
Leaps

Market &  
Cultural  
Readiness



1. In the 2013 Black Mirror episode Be Right Back, a grieving woman interacts with a digital re-creation of her dead boyfriend. [Ref]
2. Replika's (2017) founder, Eugenia Kuyda, developed the initial version of Replika, out of personal grief (2015). [Ref]

# How Do They Work?



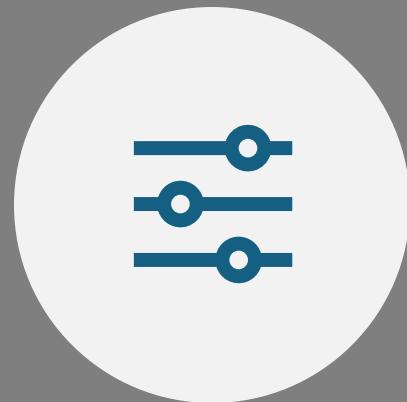
# What AI Companions Offer



EMOTIONAL SUPPORT  
AND CONNECTION



ACCESSIBILITY



PRACTICAL  
APPLICATIONS

# The Perils: The Double-Edged Sword



Emotional  
Dependency



Data & Privacy



Empathy Masking

# Mindful Engagement



Set Intentional Boundaries



Maintain Critical Perspective

# Discussion

1. Discuss personal experience with AI companions.
2. What strategies can we use to mitigate the risks of AI companions?

# How would you feel about it?

"imagine there was a friend of yours who has a robot clone, completely identical. Physically and mentally. If one day you lose track and don't know who is who because you cannot prove whether something is conscious or not. You could be living with an AI friend the rest of your life."

[Ref]





Thank  
You