



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

Welcome to

```
EEEEEE LL      IIII 2222222 AAAA
EE      LL      II   22  AA  AA
EEEEEE LL      II   222  AAAAAA
EE      LL      II   22  AA  AA
EEEEEE LLLLLL IIII 2222222 AA  AA
```

Eza is a mock Rogerian psychotherapist.  
The original program was described by Joseph Weizenbaum in 1966.  
This implementation by Norbert Landsteiner 2005.

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



Google Assist



# The Evolution of Digital Companionship

# The rise of AI Companions

The  
Loneliness  
Epidemic

Technological  
Leaps

Market &  
Cultural  
Readiness

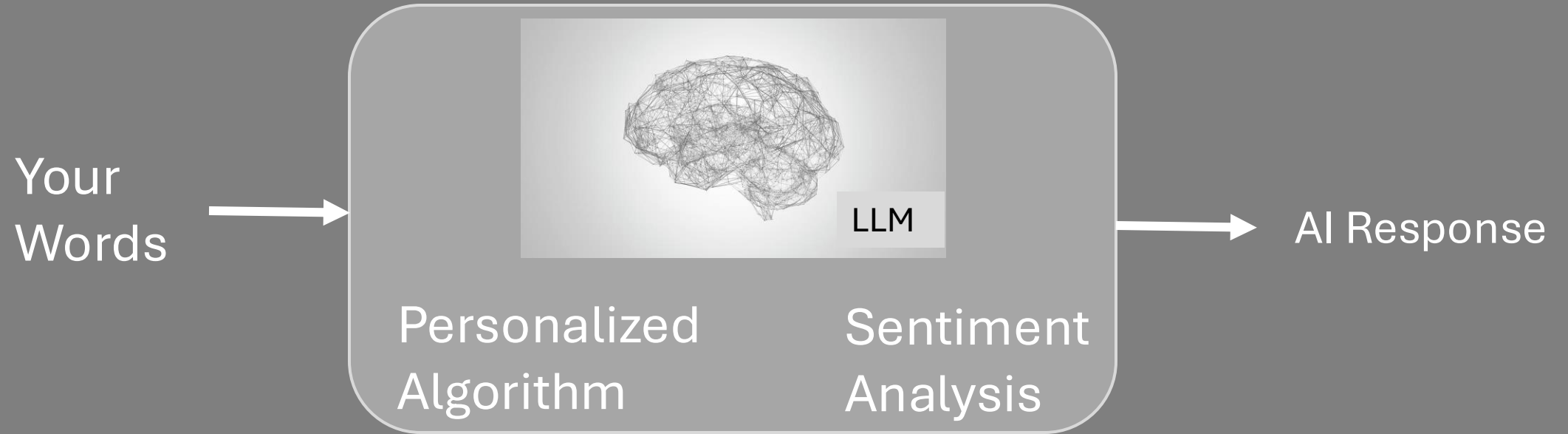




1. In the 2013 Black Mirror episode Be Right Back, a grieving woman interacts with a digital re-creation of her dead boyfriend. [Ref]

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

