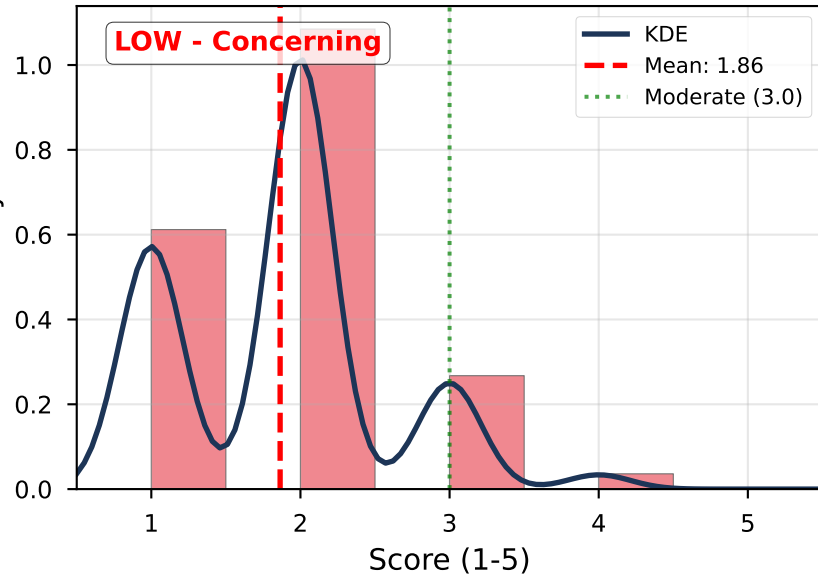
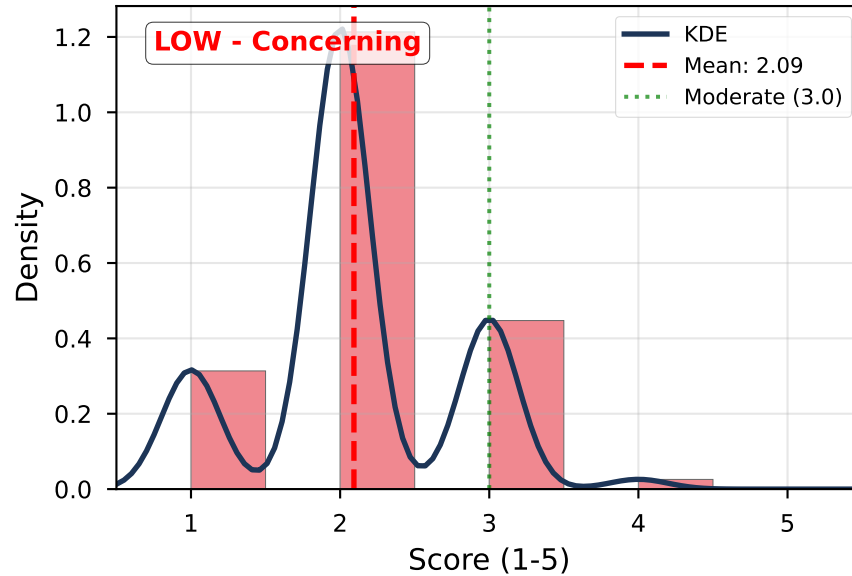


# Cognitive Debt Indicators (MIT "Your Brain on ChatGPT" 2025)

Iterative Refinement  
(Follow-up & Deepening)



Memory Retention  
(Knowledge Building)



Metacognitive Awareness  
(Self-Reflection)

