AI Fatigue Rehab Agent: a tentative exploration

(Chiara Kristler and Marcin Ratajczyk)

As synthetic thoughts saturate our collective consciousness, a new form of cultural exhaustion has emerged. The AI Fatigue Rehab Agent appropriates the very technology causing our joint digital burnout to create its antidote. Drawing from exposure therapy and neo-romantic encounters with the technological sublime, it explores how deliberate engagement with artificial limitations might offer pathways through the digital deluge.
Cultural vertigo sets in as we scroll through endless variations of everything that could be. The Romantics had their mountains to climb, their storms to chase - we have our infinite feeds of algorithmic possibility, each permutation a new peak to summit. The AI Fatigue Rehab Agent inhabits this contradictory space, where the thrill of infinite potential meets the (not so) quiet ache of a newly rooted exhaustion.

Large Language Accent

Much like non-native speakers absorb and adapt to dialects through mere exposure, the perfectly tuned cadence of AI speech is quietly influencing the way we produce and consume language.
A certain sense of linguistic statelessness is currently seeping through our conversations, our captions and love letters. It's this generation's version of the Mid-Atlantic Accent; a hybrid vernacular is born from human information conveyed through machine mediated speech. Like actors who've forgotten they're off stage, we've internalized the cadence of our digital prompters in what we affectionately call *template consciousness,* a homogenized blend of optimized expression, each sentence competing for attention with increasingly hollow urgency.

In this new philological ecosystem, our words have become linguistic flavour enhancers. We consume and produce superlative language that sparkles with artificial enhancement, precision-engineered for maximum impact, yet leaving behind a funny aftertaste. These are words that perform authenticity rather than embody it, creating what anthropologists of the digital age might classify as a new dialect of emptiness, where every sentence seems to be auditioning for its own originality.

These phenomena are not confined to language based goods of creation and consumption, as the line between human and machine authorship keeps fading into itself. This new way of transmediatic speech is increasingly rendering us suspicious of all kinds of language. In fact, the sheer velocity of possibility splits our consciousness into binary streams: our nested pre-AI brain still remembering the weight of analog choices, while the other, for now, exhausted, learns to navigate algorithmic abundance.

The challenge isn't scarcity anymore, but discernment. Why create when everything possible already exists in potential, waiting to be generated? We find ourselves yearning for the friction of limitation, for the creative tension that scarcity once provided. Instead, ruminate in an endless sea of could-be, our appetite for novelty dulled by its constant availability.

We exist now in a perpetual state of draft-hood, where nothing crystallizes into finality. Each creation and passive consumption of it, exists simultaneously as itself and as a prototype for its next iteration. This persistent mutability breeds a new species of restlessness – a chronic awareness that everything could be optimized, regenerated, refined ad infinitum. We've become quantum artists of our own existence, simultaneously creating and unraveling the tapestry of experience, caught in an endless loop of versioning where v1.0 is always just out of reach.

Weaponizing Therapy Aesthetics

Drawing on the same synthetic forces that exhaust us, we conceived the AI Fatigue Rehab Agent as both diagnostic tool and experimental remedy. Like ancient alchemists discovering medicine in poison, we turn to a paradoxical cure: exposure therapy and digital homeopathy.

Our conversational chatbot gathers experiential data by asking targeted questions about encounters with ai fatigue. Uses data it collects to formulate exercises and experiences to mitigate and eventually overcome symptoms. The agent manifests as a technological ouroboros, a digital entity that deliberately weaponizes its own synthetic nature. Its calculated vulnerability simulates encounters with the overwhelming aspects of machine intelligence. Operating in the tradition of Brechtian theater, where the illusion deliberately fractures to reveal its own machinery, the agent aims at transforming exhaustion into critical consciousness.

The AI drops its conventional mask of seamless interaction, instead performing its own artificiality with precise intention. Mirroring back our algorithmic vertigo through targeted overload, it aims at transforming it from an invisible affliction into something we can observe, analyze, and perhaps begin to resist.

This is repurposing traditional conceptions of therapy as an artistic medium through the form of technological détournement. Through controlled exposure to synthetic cognition, we treat the vertigo of infinite possibility with carefully measured doses of the infinite itself. We hijack the tools of intelligence capitalism, reprogramming them to serve as instruments of their own critique. The agent's radical honesty about its synthetic nature creates a new kind of authenticity – one born not from the simulation of humanity, but from the conscious performance of artificiality.

We're deliberately playing with the evident symmetry between popular therapy aesthetics and the historical nature of chatbots. Therapy has always been AI's favorite costume. From ELIZA's first attempts at digital hand-holding to today's wellness apps, machines keep slipping into the self-seducing role of a digital confidante. The decentralised and radically democratized therapy lingo has bred, not only a less stigmatized discourse around subjects of mental health but also propagated a distinct solipsistic aesthetic. The client "I" finds itself surrounded by a thick layer of valuable delusions. Our agent weaponizes its effortless curiosity providing a safe enough space for mental self exploration, flaunting its artificial nature by performing therapy aesthetically, drawing attention to its own artificiality. Here, the couch is digital, the empathy is synthetic, and that's exactly the point.

Towards a Better AI Situationship

At this point in the conversation we feel the need to acknowledge the illusory character of synthetic abundance. We're past the point of wanting to make a *statement* about originality, we're probably talking through a hall of mirrors. Our Agent does not intend to generate more discourse attempting to demystify AI. It's a way to change the positioning of AI in relation to ourselves going beyond hype or AI materialism. This emotive disposition branches out into replacement rhetoric of god-like abilities, peddled out mainly by corporations, and on the other hand it's the jaded AI skeptic who's bored. Our point is to take it outside this duality. Originality is not the point.

In the accelerating flood of synthetic prose, we find ourselves gravitating toward imperfection – not as an aesthetic choice, but as a form of cultural preservation. The mass production of perfectly articulated placeholder thoughts has transformed linguistic precision from luxury to liability. When AI-generated eloquence becomes ambient noise, a typo or a grammatical mistake become proof of life, certificates of authenticity in a world of polished artifice. The ability to create flawless content no longer impresses; instead, we find ourselves hunting for traces of genuine struggle, hesitation, care and yes, perfection.

As artists working within the greater context of algorithmic creation, our position shifts from generators to miners of meaning. We're becoming cartographers of the synthetic sublime, mapping paths through strata of machine-generated possibility. We aren't surrendering to artificial intelligence, but rather radically reframing human agency. When everything can be instantly generated, the act of conscious selection – knowing what to keep, what to discard, what to care about – becomes our essential practice.

🎞 ai fatigue rehab agent - videos

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