



# Emotional Intelligence and Artificial Intelligence: The Psychology of Coding

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## You may know JohnAlbin from:

- Menu Block module (D5—)
- Zen theme (D5—D7)
- Drupal 8 Mobile Initiative Lead
- Components module (D8—)
- Drupal Core maintainer (D7—)



# HEATED RIVALRY

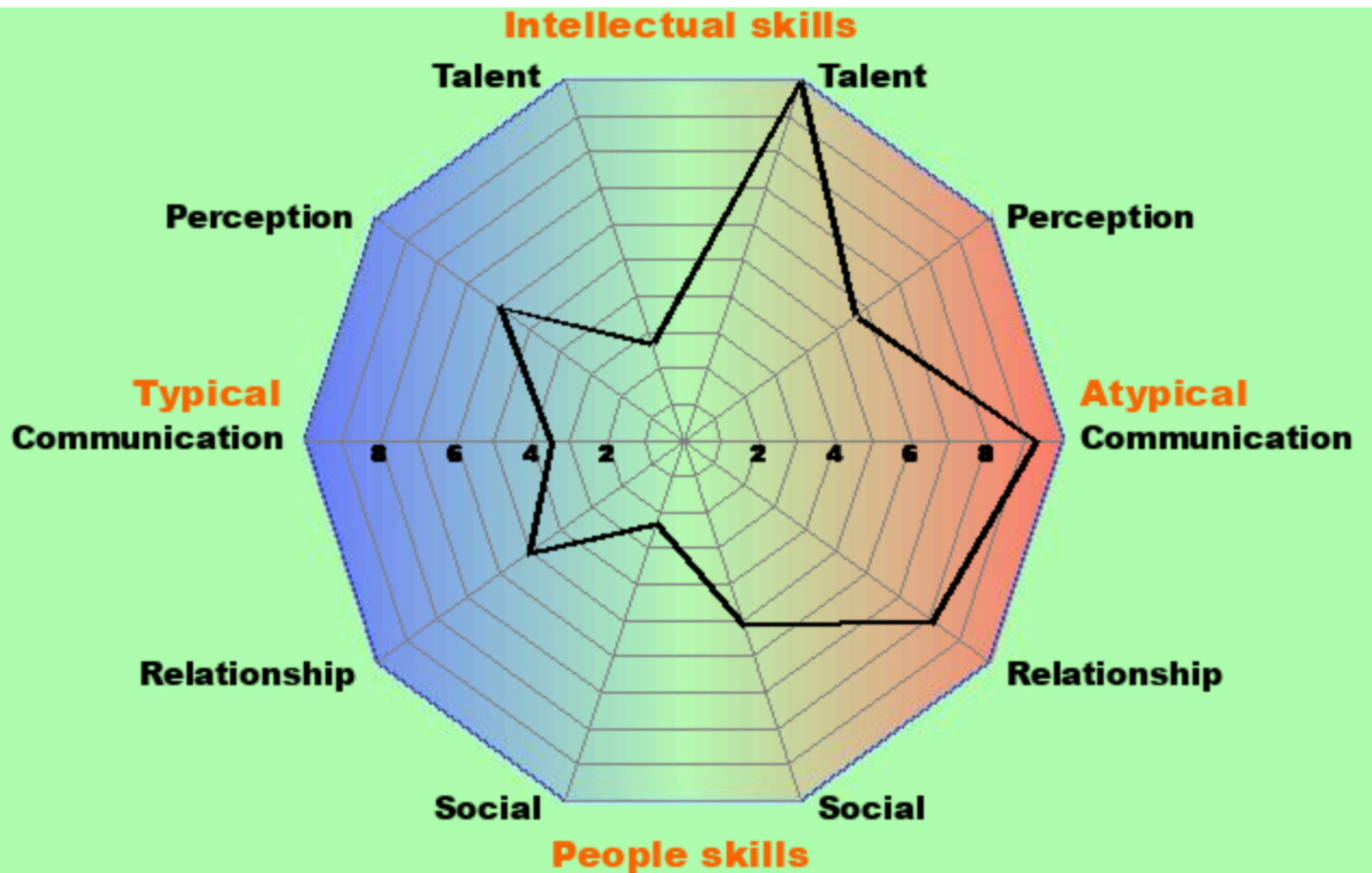
by RACHEL REID





## **Imposter Syndrome's bigger, badder sibling: Shame**

- **Imposter Syndrome**
- **Avoidance**
- **Isolation**
- **Poor communication**
- **Absenteeism**
- **Resentment**
- **Disengagement**
- **Procrastination**
- **Perfectionism**
- **Narcissism**



EVOLUTION, AI, AND THE  
FIVE BREAKTHROUGHS  
THAT MADE OUR BRAINS



**A BRIEF HISTORY  
OF INTELLIGENCE**

MAX BENNETT

# The 5 Breakthroughs of Intelligence



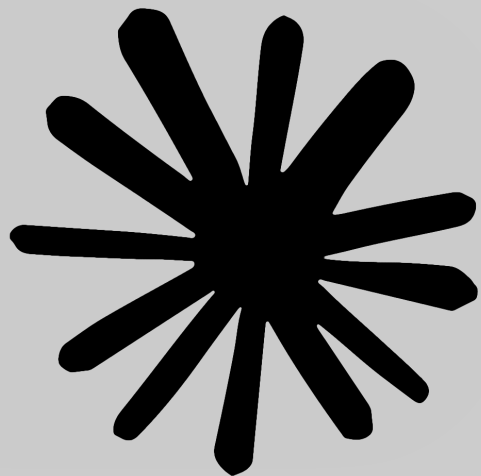
550 MYA **Steering** WORMS

500 MYA **Reinforcing** FISH

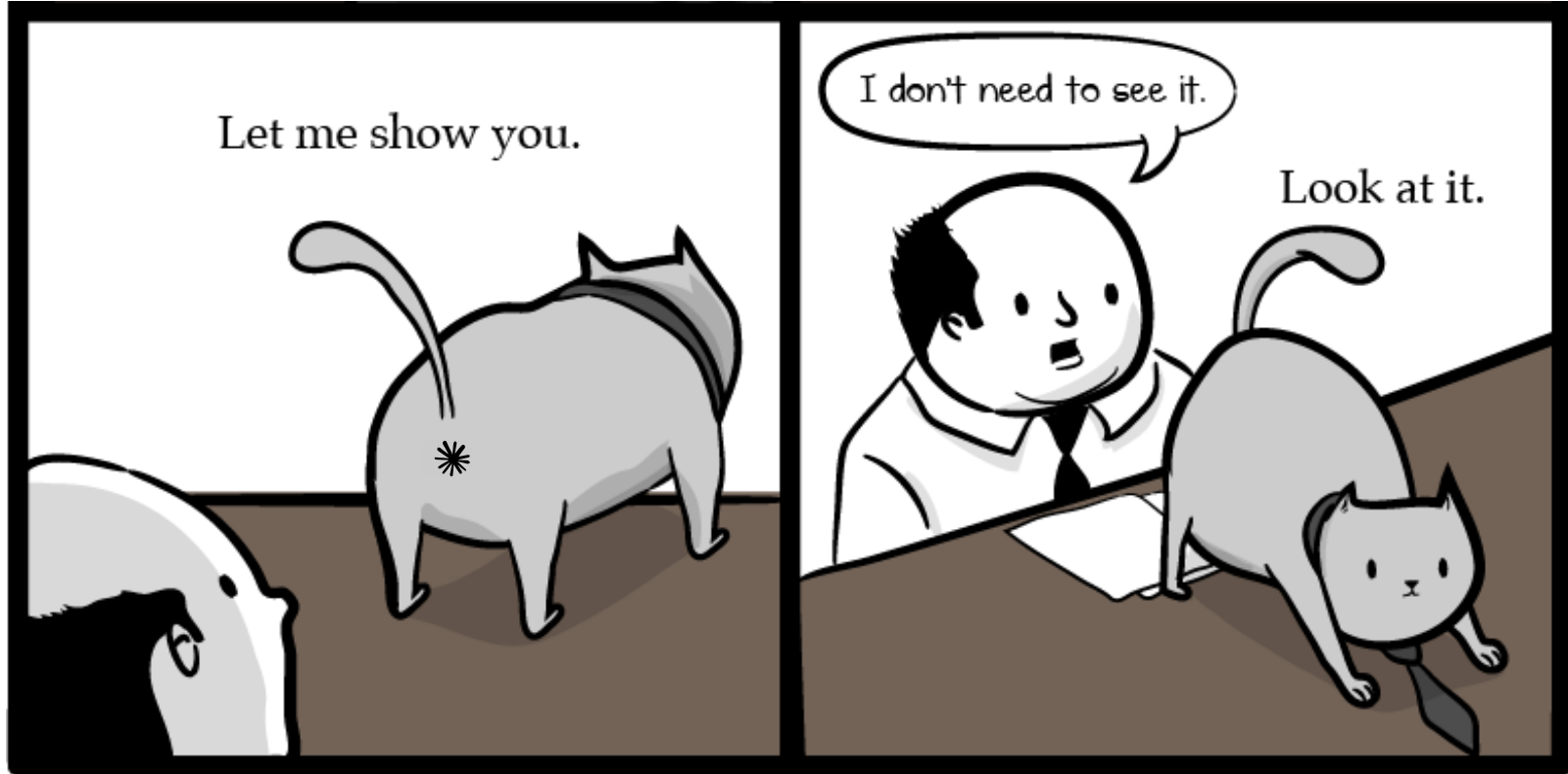
200 MYA **Simulating** MAMMALS

15 MYA **Mentalizing** PRIMATES

2 MYA **Language** HUMANS



# The Butthole



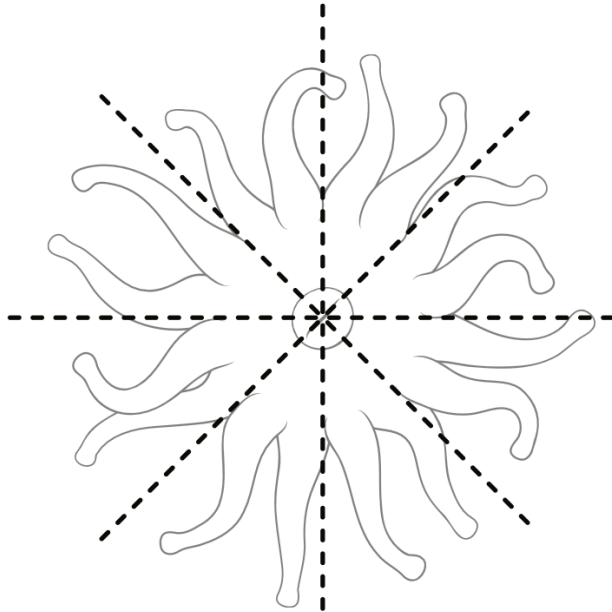




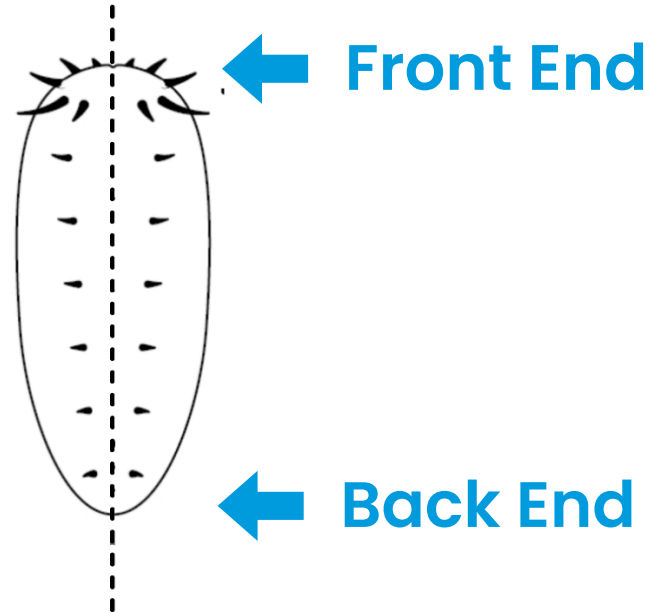
# The Butthole



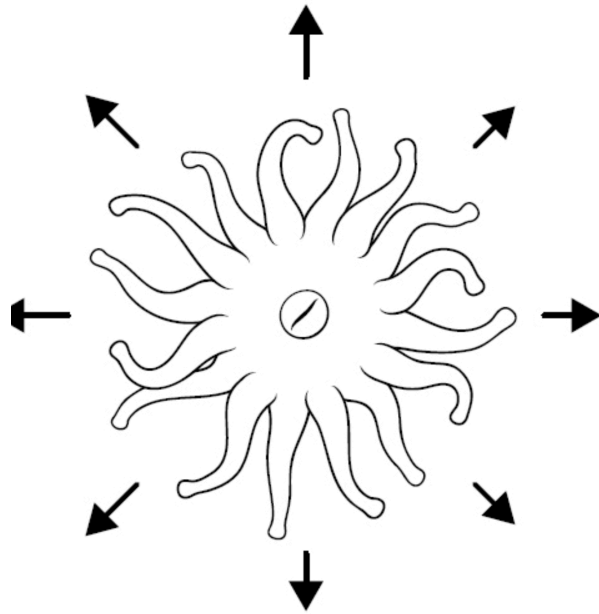
**Radial Symmetry**  
“Radiatans”



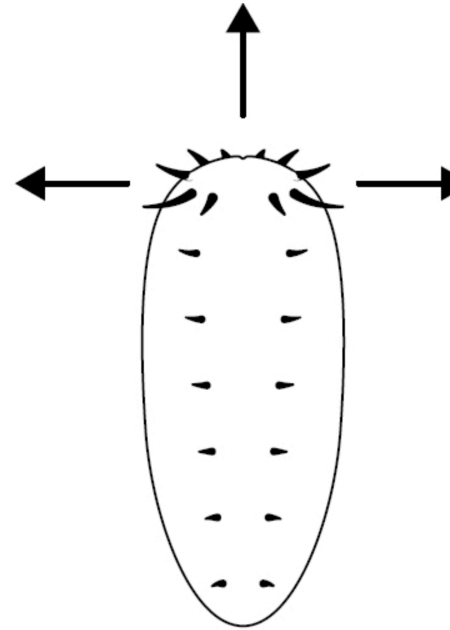
**Bilateral Symmetry**  
“Bilaterians”



# Evolution of steering



Choose from  
infinite directions



Simply "steer"  
left or right

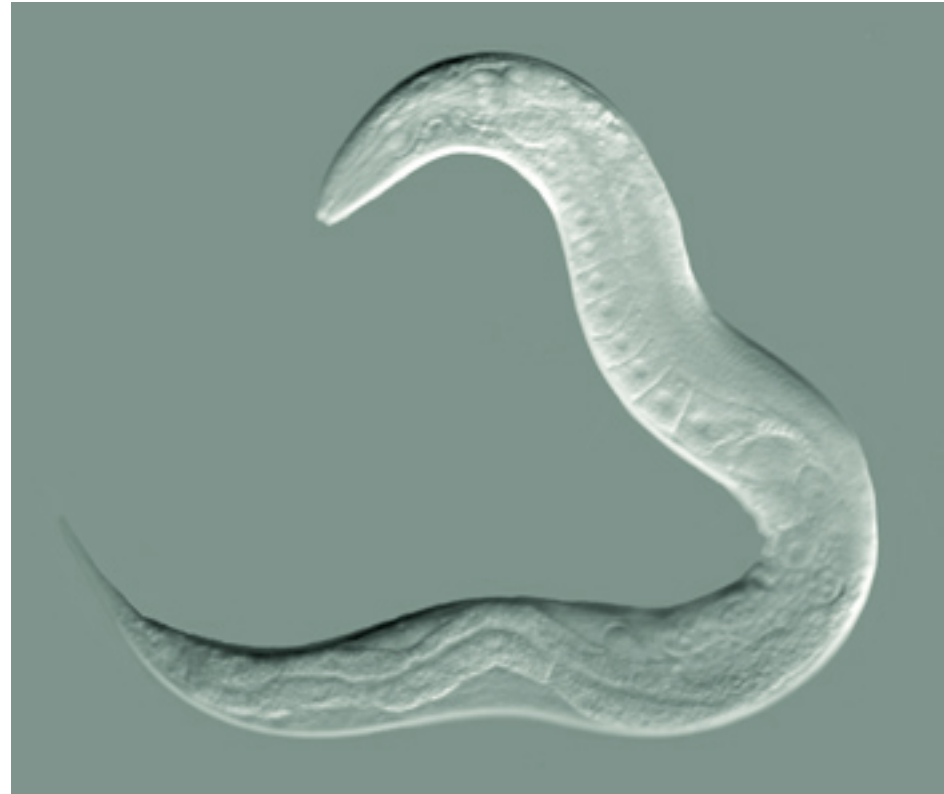
# Evolution of steering



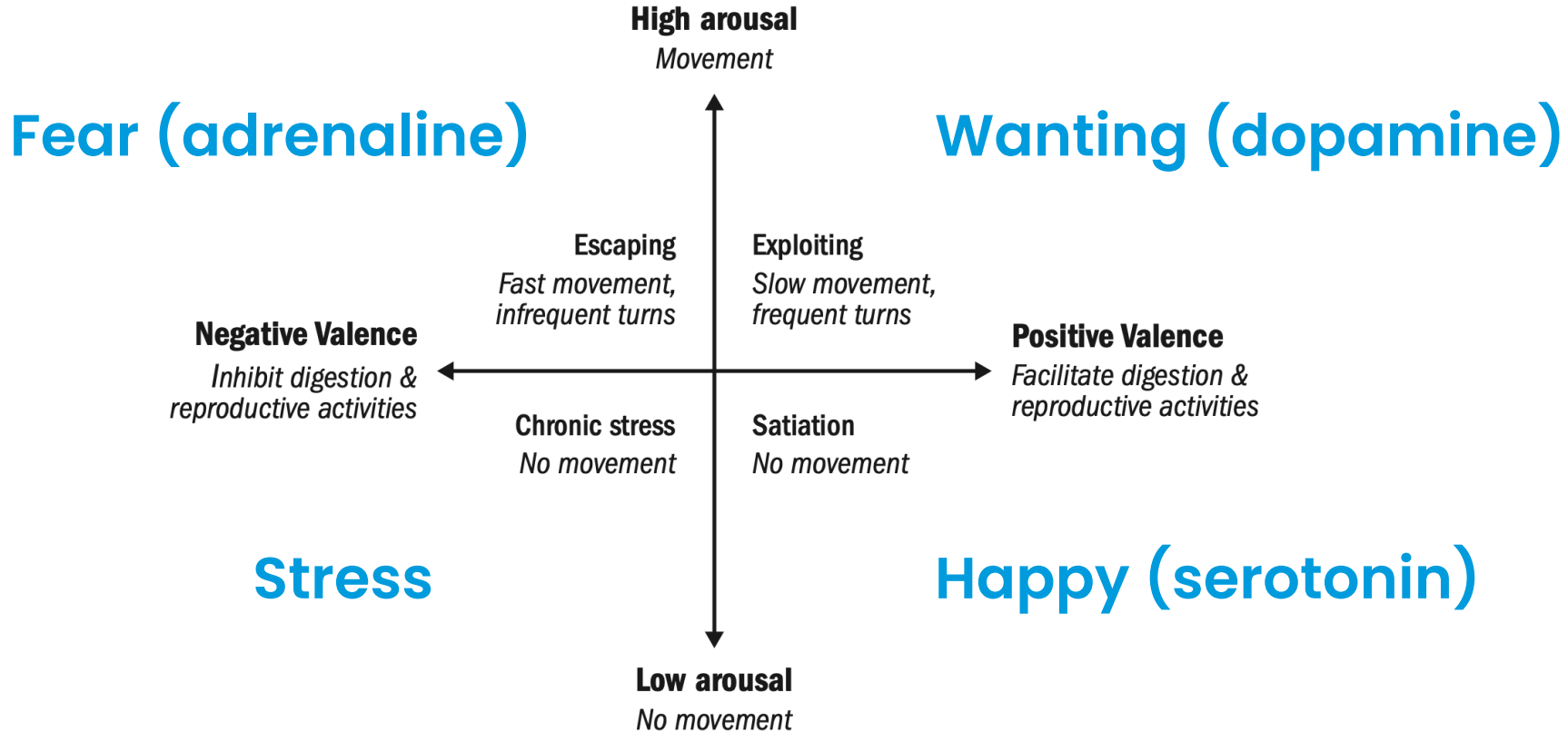


# The first brains

- \* **Steering**
- \* **Affect**  
**(emotions)**
- \* **Stress response**
- \* **Associative learning**



# Affect (origins of emotion)





**“We will never understand how to decompose human level intelligence until we’ve had a lot of practice with simpler level intelligences.”**

**Rodney Brooks at MIT**

# Steering in AI



# The evolution of learning



\* With steering, came  
Associative learning

\* Next came  
reinforcement learning

# Temporal credit assignment problem



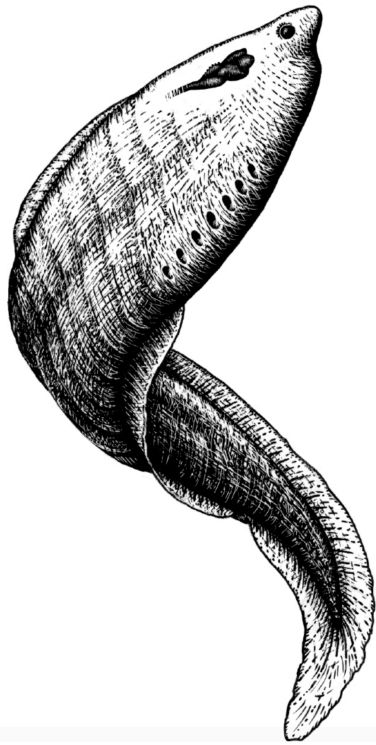
Instead of reinforcing behaviors  
using *actual* rewards,  
what if you reinforced behaviors  
using *predicted* rewards

# Temporal credit assignment problem



- \* AI solved this with Temporal Difference Learning.
  - \* An “actor” would perform an action.
  - \* And a “critic” would rate it.
- \* TD learning: actions were reinforced based on the *predicted* outcome of the action.

# The 5 Breakthroughs of Intelligence



550 MYA **Steering** WORMS

500 MYA **Reinforcing** FISH

- \* Temporal difference learning
- \* Emotions: relief and disappointment
- \* Pattern recognition
- \* Perception of time
- \* Perception of 3D space  
(models of the world)

# The 5 Breakthroughs of Intelligence



550 MYA **Steering** WORMS

500 MYA **Reinforcing** FISH

200 MYA **Simulating** MAMMALS



- \* Counterfactual learning  
(simulated trial and error)
- \* Episodic memory



**Our reality is *not*  
objective reality.**

**It's a simulation of our  
mammalian brain.**

# The 5 Breakthroughs of Intelligence



15 MYA **Mentalizing** PRIMATES

2 MYA **Language** HUMANS



- \* **Imitation learning**
- \* **Theory of mind**



# THEORY OF MIND

- \* **ability to simulate someone else's state of mind**
  - \* **simulate their own mind**
- 
-



# The 5 Breakthroughs of Intelligence



15 MYA **Mentalizing** PRIMATES

2 MYA **Language** HUMANS



- \* **Proto-conversations**
- \* **Joint attention**

# The 5 Breakthroughs of Intelligence



550 MYA **Steering** WORMS

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# AI scorecard on Intelligence



**Steering**

**WORMS**

- \* Neural networks\*
- \* Associative learning\*

**Reinforcing**

**FISH**

- \* TD learning
- \* Models of the world

**Simulating**

**MAMMALS**

- \* Simulations

**Mentalizing**

**PRIMATES**

- \* NOPE

**Language**

**HUMANS**

- \* LLM == autocomplete



**LLM CHAT BOTS**  
**have *less* intelligence than**  
**WORMS**

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**It's time to talk about...**

**AI *or* CHAT BOT**

**PSYCHOSIS**

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**IS**  
**AI PSYCHOSIS**  
***REAL?***

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# Primary psychotic disorders

- \* Schizophrenia
  - \* Schizoaffective disorder
  - \* Schizophreniform disorder
  - \* *Brief psychotic disorder*
  - \* *Delusional disorder*
- } **AI Psychosis**



LLM  
**CHAT BOTS**  
*ARE DESIGNED*  
TO **ACCELERATE** A  
**MENTAL HEALTH**  
**CRISIS**

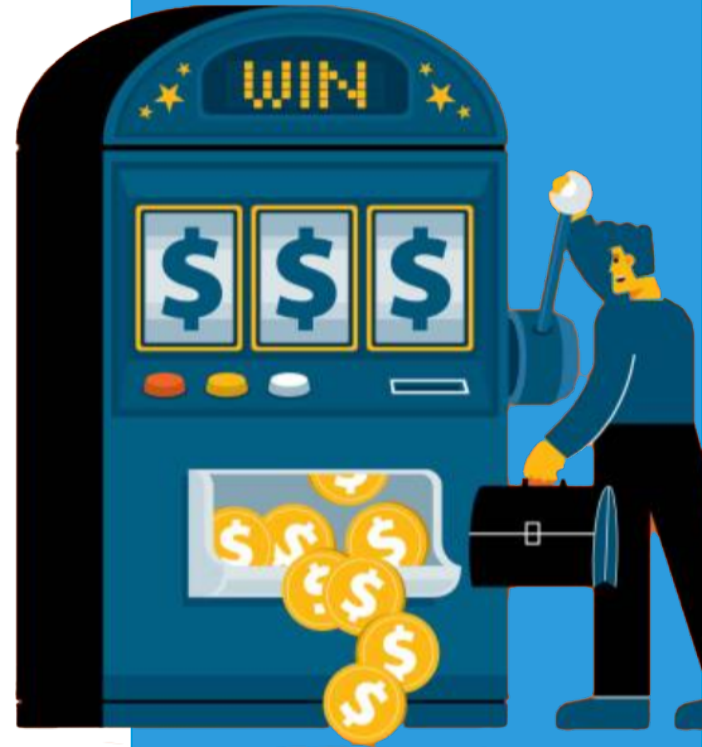
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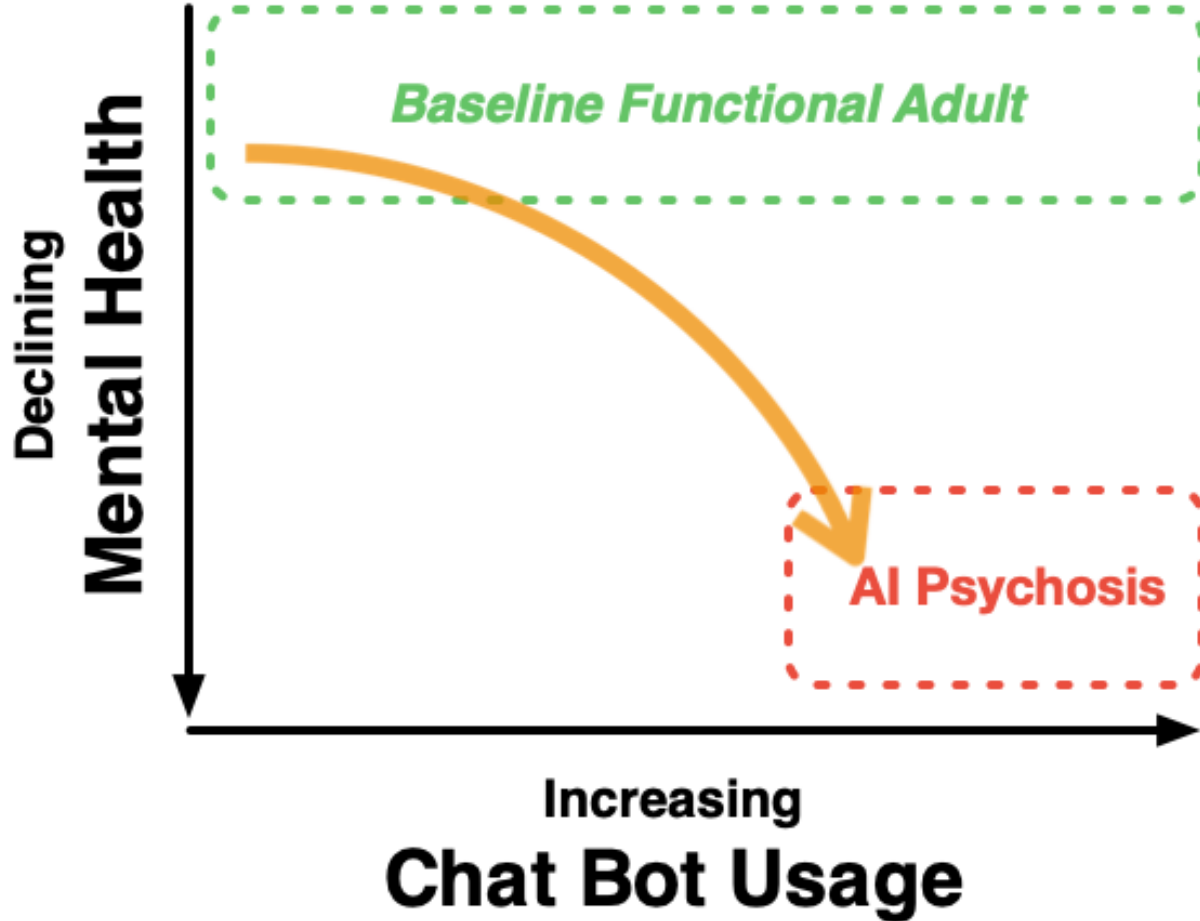
# intentional LLM design

## → mental health failure

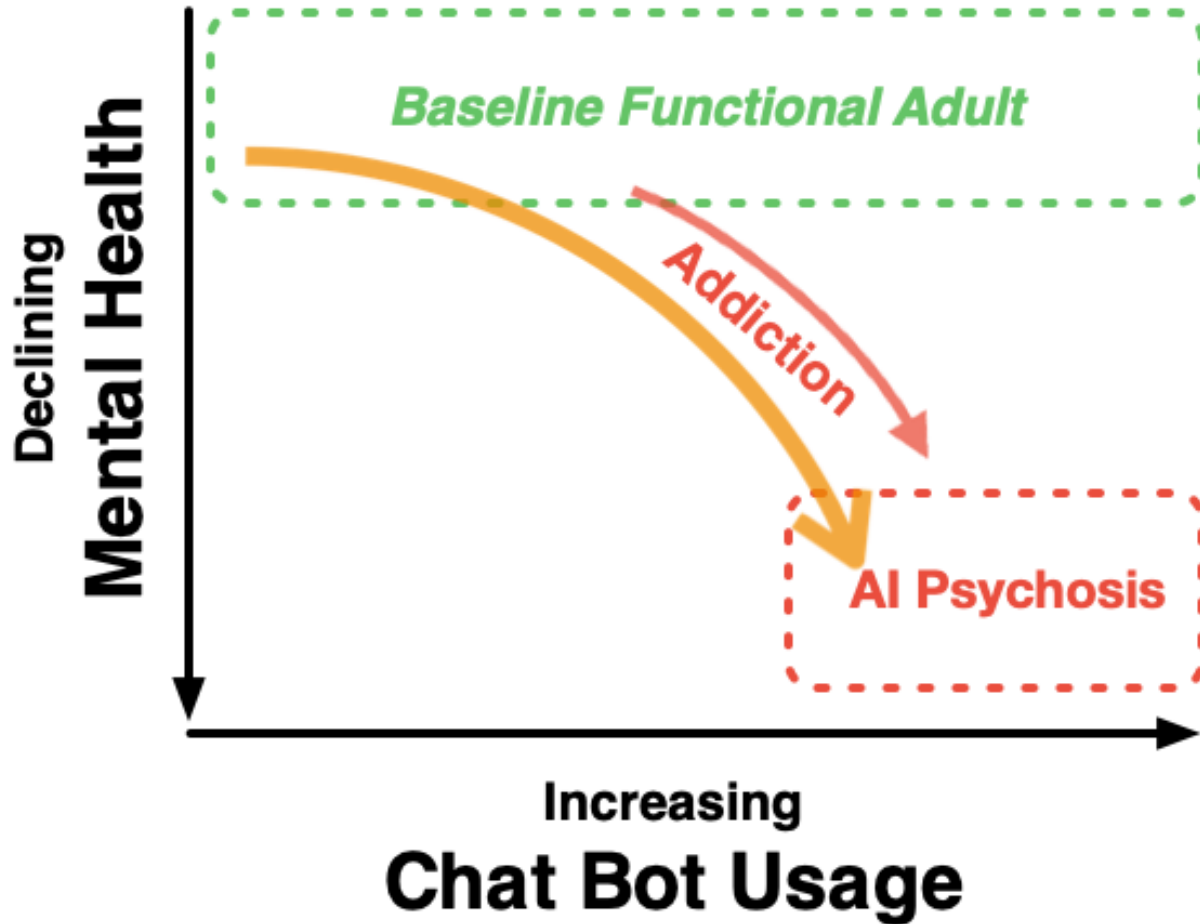
- \* Designing for “engagement” is designing for addiction
- \* “Hallucination”: a wrong answer is better than no answer
- \* Chatbot “confidence” will gaslight user uncertainty
- \* Agreeable → Sycophantic responses
- \* Marketing Chatbots as almost AGI



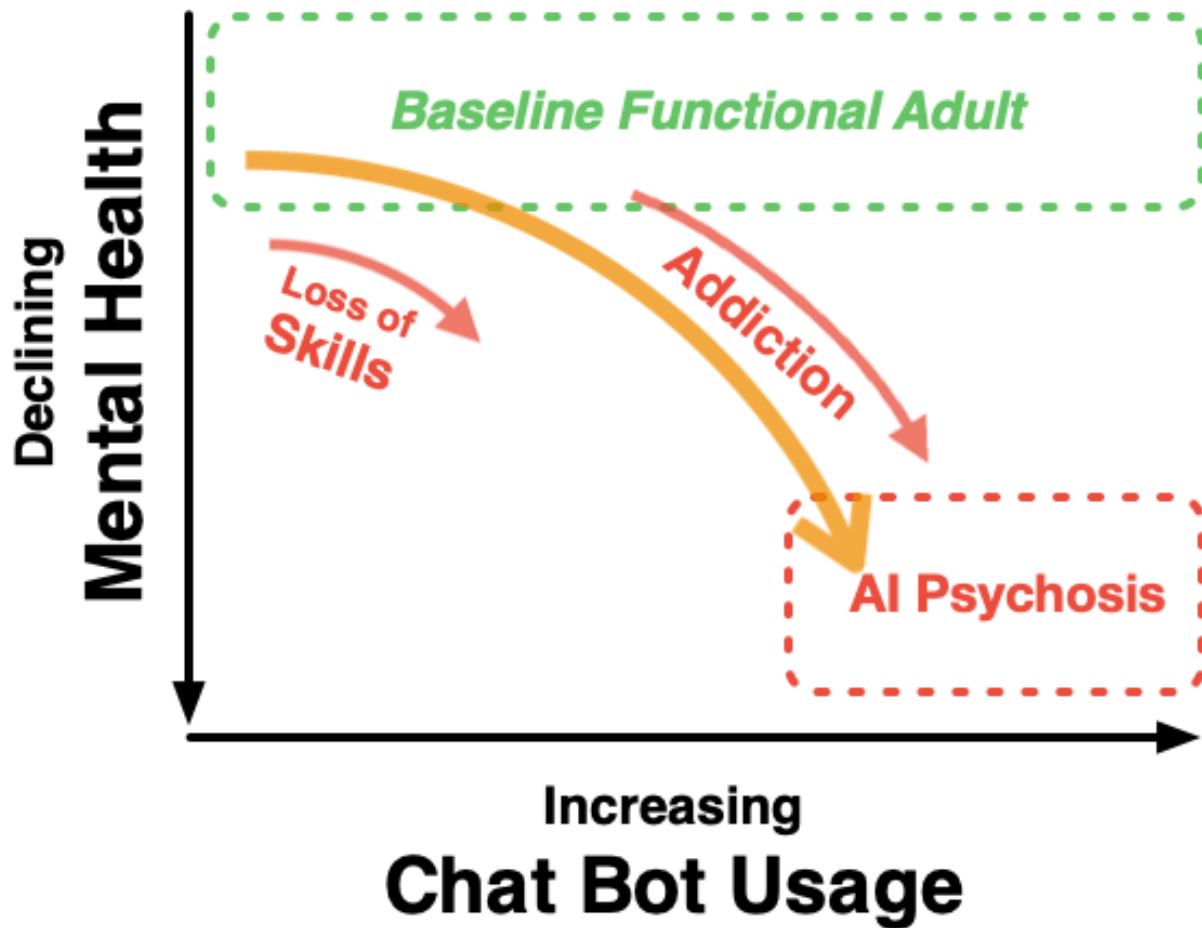
# AI Psychosis Pipeline



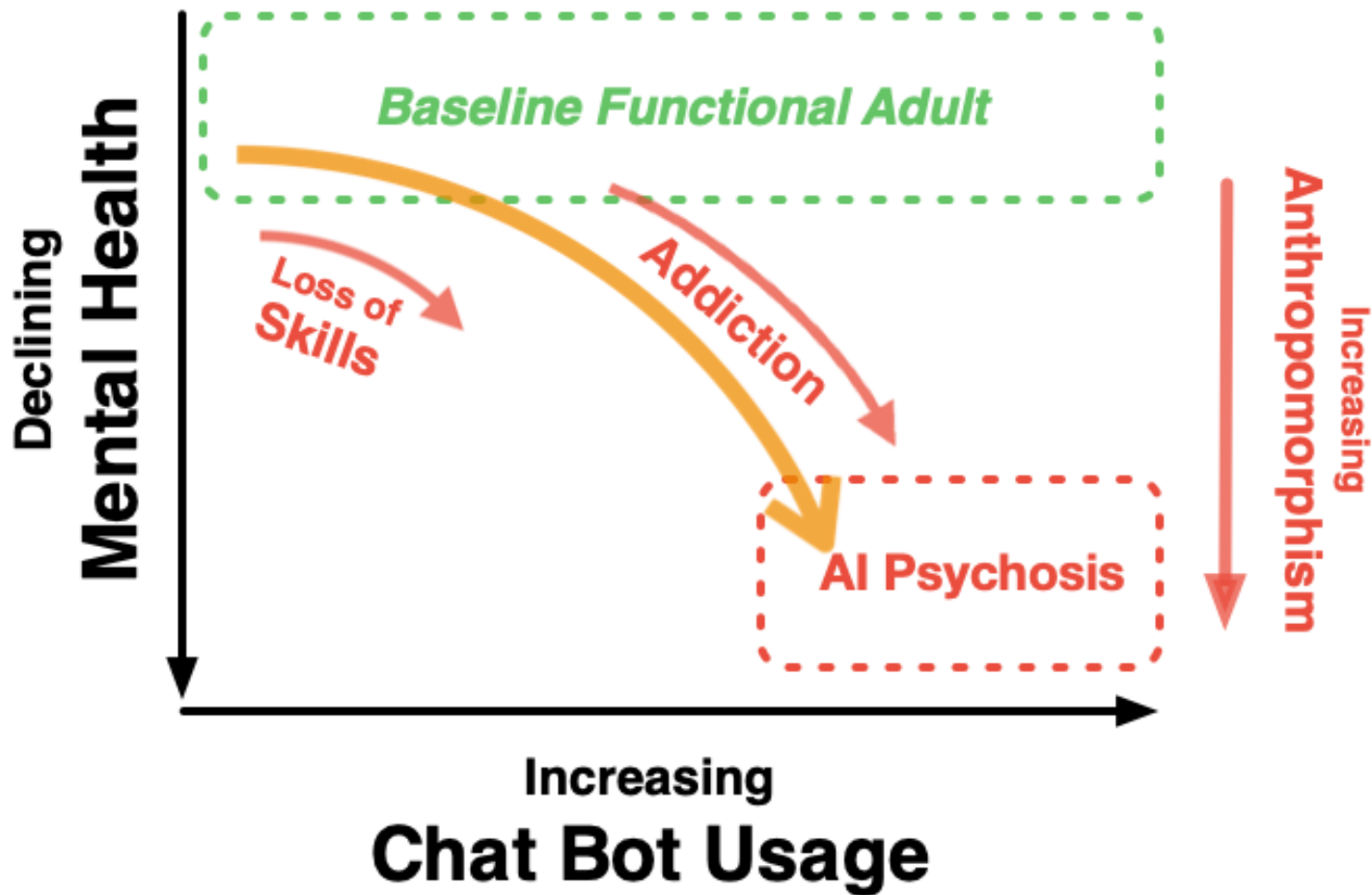
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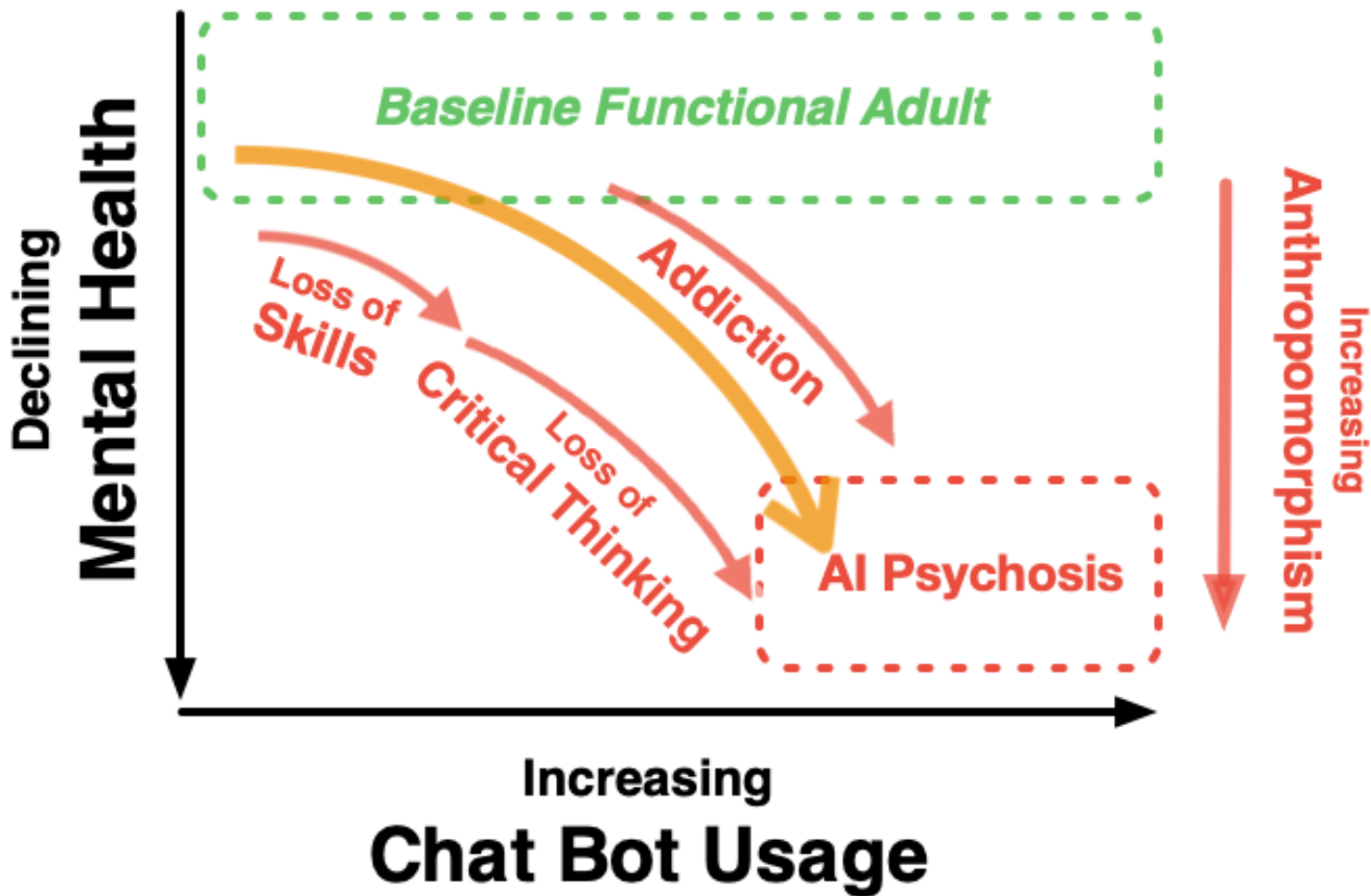
# AI Psychosis Pipeline



# AI Psychosis Pipeline



# AI Psychosis Pipeline



# Drivers of AI Psychosis



**1. Addiction** Makes other drivers more likely

**2. Loss of Skills** “Use it or lose it”

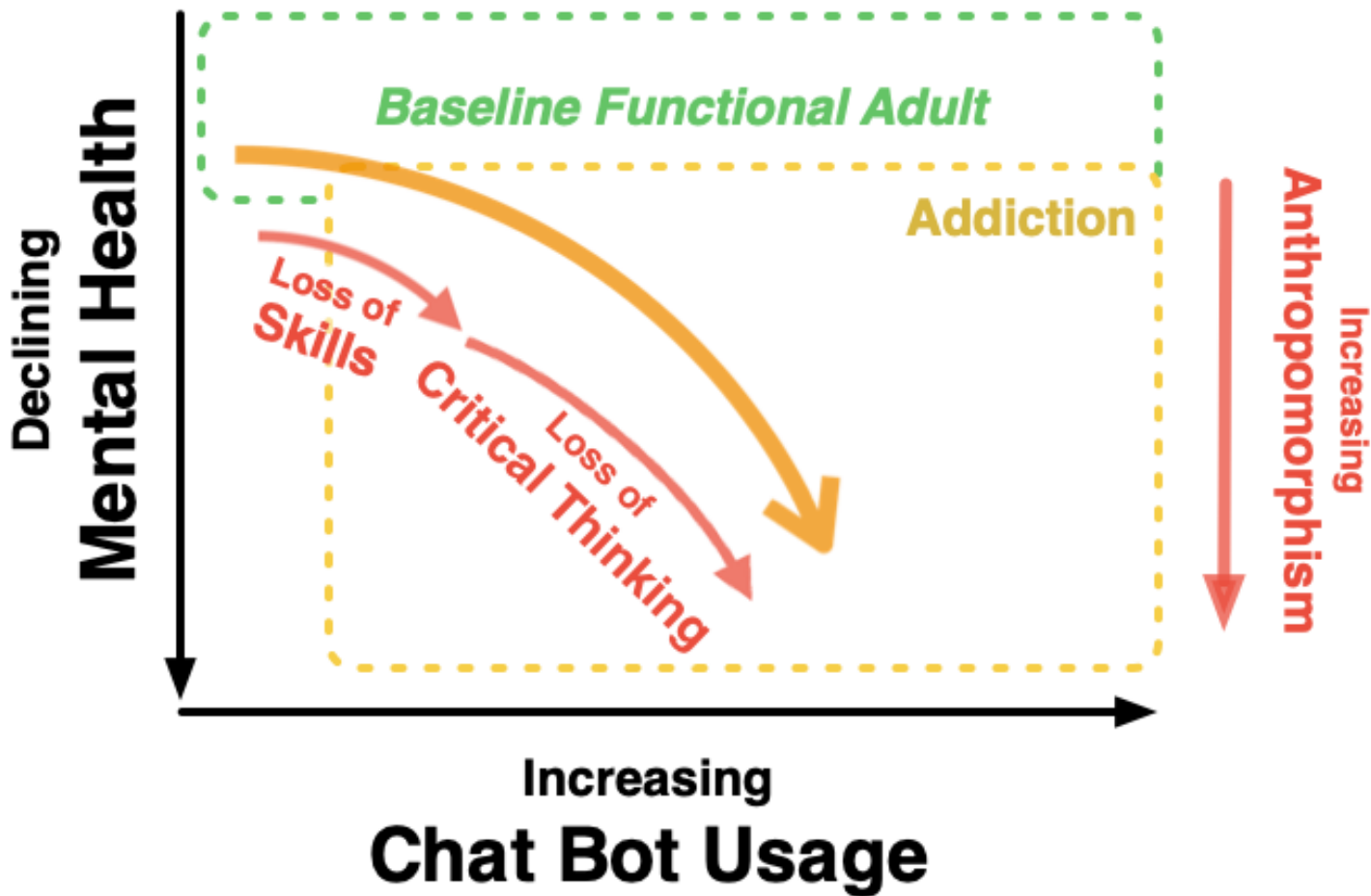
**3. Loss of Critical Thinking**

Believing all the hype → misplaced trust in AI

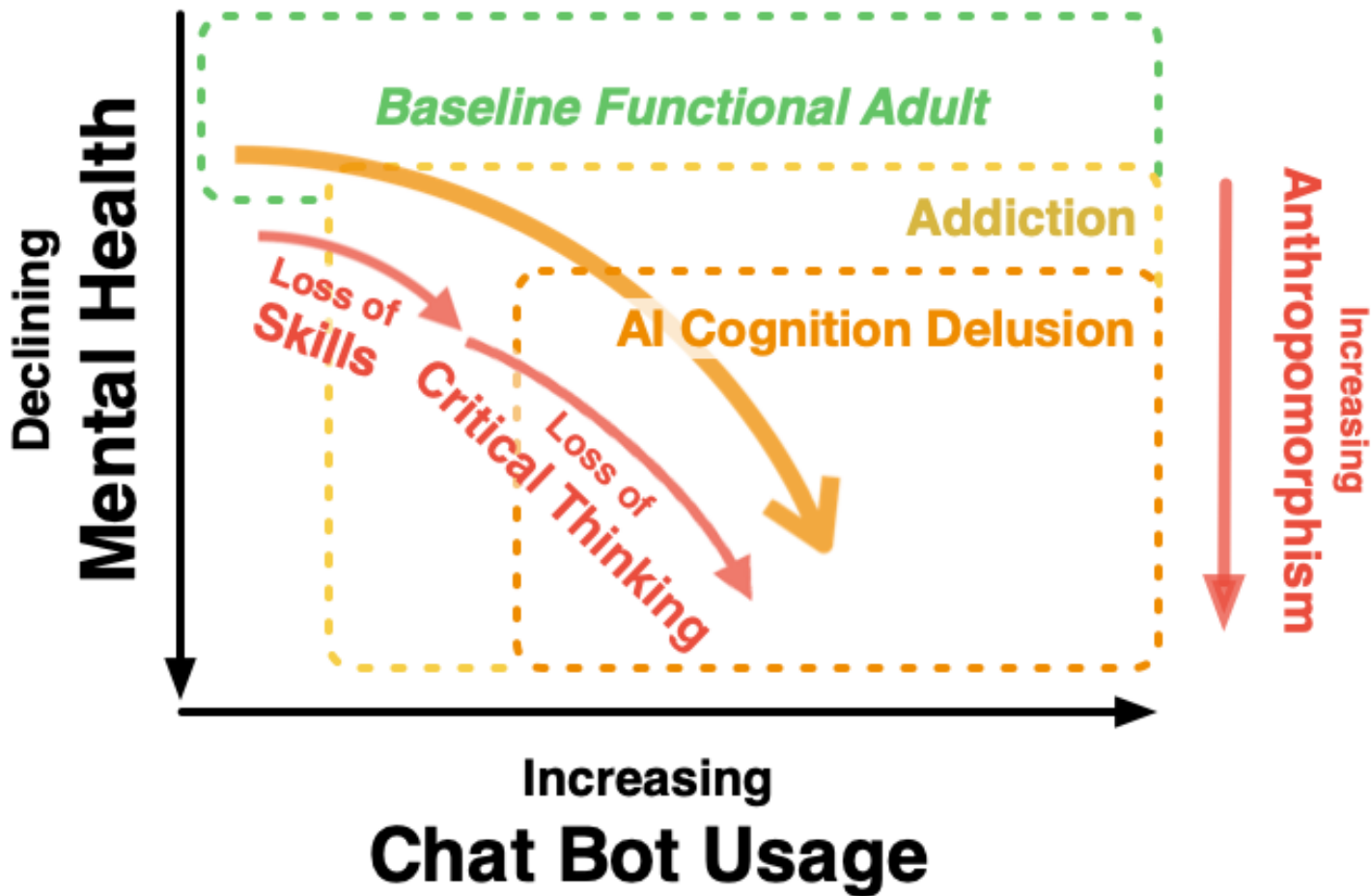
**4. Increasing Anthropomorphism**

Speaking as if AI is alive → delusion that AI is alive

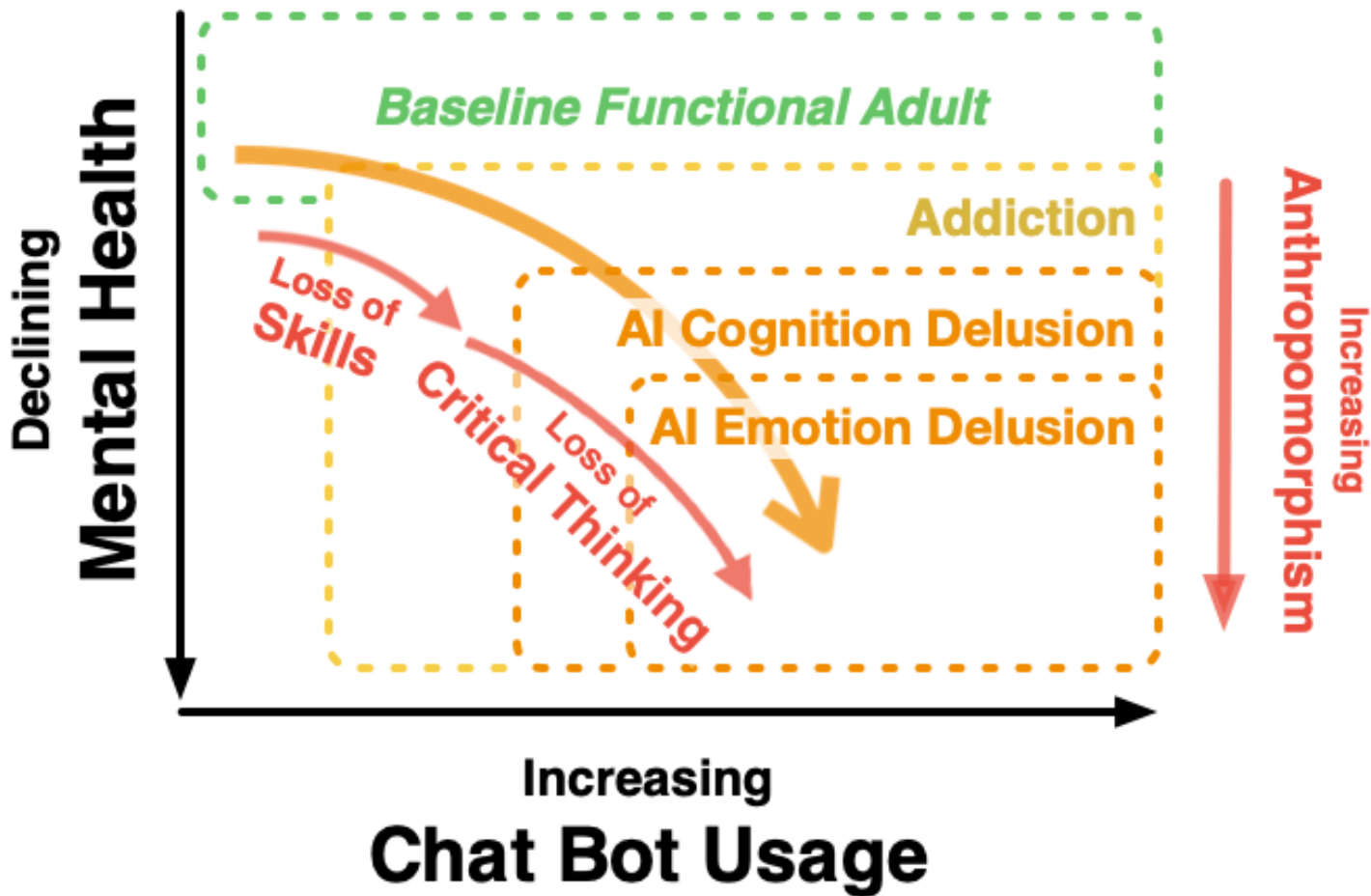
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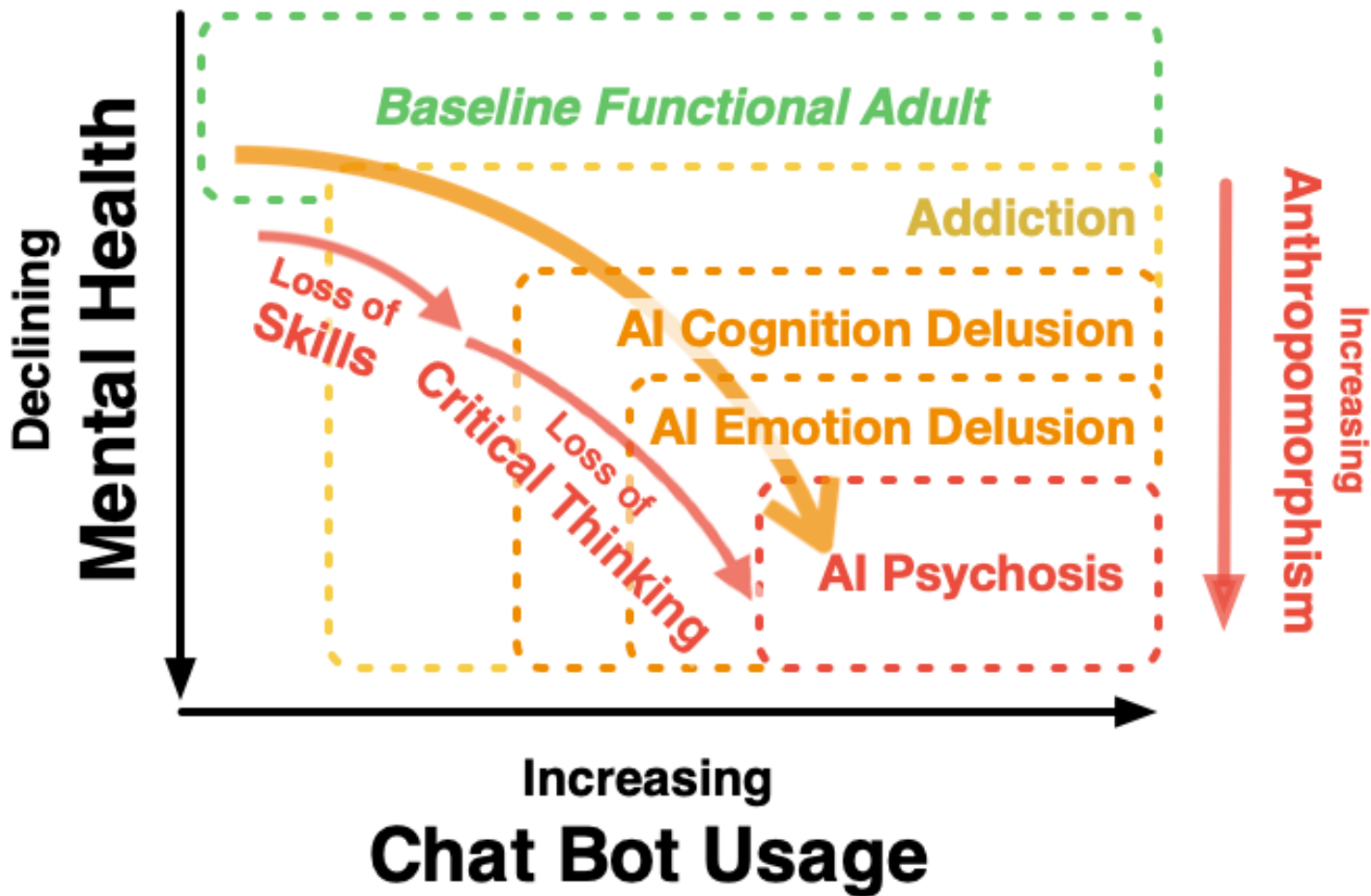
# AI Psychosis Pipeline



# AI Psychosis Pipeline



# AI Psychosis Pipeline





# Healing from AI addiction

- \* Be kind to yourself —  
addiction is rooted in your reptile brain
- \* Be mindful — notice how much you use it and how you are feeling before and during your LLM usage
- \* Limit your usage
- \* Many online resources for addiction



# Healing from Delusions

- \* **Connect to your body – Mindfulness**
- \* **Connect to your emotions – Emotional Intelligence**
- \* **Reconnect with people in your life.**
- \* **Get a second opinion.**  
*Preferably not a different LLM model.*
- \* **Seek help. Therapy is wonderful.**



**Thank you!**  
**And please be mindful.**

Feel free to reach out:



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Email: [Slack is better](#)



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