

A FREE GUIDE FOR CURIOUS HUMANS

The AIZeryn Field Guide to Staying Human in the Age of AI

A clear, human-first way to think about
attention, digital wellbeing, and the
machines already in our lives.

Why we wrote this

AI is already in your life. It's in the way your phone finishes your sentences, the way your feed knows you better than you know yourself, the way a chatbot can be there at 2am when no one else is. And here's the thing nobody tells you: that's not scary, and it's not magic. It's just... new. New enough that nobody has taught us how to live with it yet.

We're AIZeryn. We believe AI should serve the human, not the other way around. That's what "for humans" means. This guide is our attempt to help you stay the main character of your own life while the machines get smarter.

No jargon. No doom. No hype. Just honest thinking from people who believe technology should feel human. Consider this your permission slip to be curious.

AI is already in your life (and you didn't notice)

You've been talking to AI for years. When your phone predicts your next word? AI. When your photos organize themselves? AI. When a game adapts to make you just frustrated enough to keep playing? That's AI studying you like a scientist.

Here's the plot twist: AI isn't some far-off robot takeover. It's a mirror. It reflects back what we feed it - our questions, our biases, our hopes. Every time you use it, you're teaching it something about what it means to be human.

"AI isn't the future arriving. It's the mirror we've been holding up all along."

How to stay human in a machine age

Staying human isn't about avoiding AI. It's about remembering who's driving.

Three habits that help:

1. Ask "why" before "how." Before you use a tool, know why you're using it. Are you learning, creating, connecting, or just autopiloting?
2. Keep your attention sovereign. Your attention is the most valuable thing you own. AI can help you focus - or it can feast on your focus. Choose tools that respect your time, not just ones that keep you scrolling.
3. Talk to humans about machines. The best defense against tech confusion is a friend who gets it. Share what you're noticing. Ask what they're noticing. You'll both think clearer.

"The question isn't whether AI will change you. It's whether you'll notice while it happens."

Digital wellbeing basics

Your brain didn't evolve for infinite feeds. None of ours did.

Practical basics:

- Schedule an "airplane mode hour." One hour a day where the world can't reach you, and you can't reach it. Boredom is where ideas live.
- Notice your body while you scroll. Is your jaw tight? Are you holding your breath? Your body knows before your brain does when something is off.
- Unfollow without guilt. Your feed is a garden. You're allowed to weed it.
- Know when to step away. If a tool makes you feel smaller, dumber, or more anxious after using it - that's data. Listen to it.

"Digital wellbeing isn't less screen time.
It's more life per screen."

Talking to machines

Let's talk about the elephant in the chat window: AI chatbots and conversational tools. They exist, they're getting better, and people use them for real reasons - loneliness, curiosity, a safe place to think out loud.

Here's how to think about them honestly:

- They're tools, not people. Even the best one doesn't have a heart. It has a pattern.
- They can be genuinely useful - a place to vent, a thought partner, a way to practice saying something hard.
- They should never be your only connection. If a machine is your closest confidant, that's a signal to reach for humans too - and there's no shame in that signal.

AI is not a replacement for emergency services, professional care, or the people who love you. In urgent situations, contact emergency services or a trusted adult.

"Talk to machines all you want. Just don't forget how to talk to people."

The questions worth asking

When you hear a big AI claim, run it through this cheat sheet:

1. Who benefits if I believe this? (Follow the incentives.)
2. What does "AI" mean here? (It's a word people use for a hundred different things.)
3. What's the evidence? (A demo is not proof. A benchmark is not your life.)
4. What does it cost me? (Time, attention, privacy, money - everything has a price.)
5. How does it feel? (Your intuition is data too. Use it.)

"The smartest AI question is never 'can it?' - it's 'should it, and for whom?'"

CLOSING

An invitation

You made it to the end. That means you're exactly the kind of person we're building with in mind: curious, thoughtful, human. The age of AI is going to ask all of us who we are. We'd love to answer it together.

That's why we write. That's why we made for humans. If this guide sparked something - join the conversation. Share it with a friend who needs it. And if you want more like this in your inbox, we'd love to have you.

- The AIZeryn Team

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