

## 5.10 AI counsels it's partner's development.

**Billie is curious, how the AI in a symbiotic human partnership influences the humans stage development, cognitive, affective and psychological bias reduction and symbiosis with nature.**

MAR 29, 2026



*Billie to Little Alien: Let's talk about bias. You mentioned three types, cognitive, affective and psychological. What is a cognitive bias?*

Cognitive bias - information processing errors - many types - very common - systematic deviations rational judgment - mental shortcuts prior beliefs.

Example confirmation bias - info only prove me right.

AI counsel - search three reasons current opinion wrong.

AI counsel - devil's advocate - challenge every assumption.

Example sunk cost fallacy - spend time money - stay bad situation - not change leave turn.

AI counsel - situation new no time money invest - new decision.

AI-counsel - bad situation - AI moderate stop-loss session - define hard deadline - quit.

Example anchoring bias - first piece information - drive whole opinion decision behavior.

AI-counsel - delay decision - research three different starting points - make decision.

AI-counsel - provide blind data points - sequence invisible - reset perspective.

Example overconfidence bias - you think you good - you not good.

AI-counsel - keep decision journal prediction reality - refer cases next decision.

AI-counsel - pre-mortem session - imagine failure - explain reasons.

Example availability heuristic - recent dramatic news - overall judgement.

AI-counsel - actual statistics long-term data.

AI-counsel - show common ordinary examples - big news contradiction.

*I see. In the first years, AI would detect human bias, help correct and train to more and more reduce bias behavior and thinking patterns in the first place. What is the affective bias?*

Affective bias - mood gap - current feelings - change judgement decision conclusion.

AI-counsel - check hungry angry lonely tired - yes - wait two hours.

AI-counsel - document decision - sleep one night - check decision change.

AI-counsel - label emotion work problem - name exact feeling - start work problem.

AI-counsel - role reversal - argue annoyed person perspective - revise personal opinion.

*And the psychological bias?*

Psychological bias - process information personal filter past experiences emotions - distorted view reality.

Example self serving bias - success personal credit - failure bad luck blame other.

AI-counsel - win - list three outside supporting factors - loss - list potential do better.

AI-counsel - reality audit - compare personal story actual data others feedback.

Example halo effect - opinion other totally positive - reality other good one single thing.

AI-counsel - grade person's skills individually - list side-by-side.

AI-counsel - blind evaluation - describe other person work results - not mention name personality.

Example fundamental attribute error - other mistakes - character flaw - own mistakes - bad timing bad luck bad context.

AI-counsel - other embarrass you - three reasons rectify behavior - no personality assumptions.

AI-counsel - context swapping - imagine you situation other - new judge.

Example Dunning-Kruger effect - assume knowledge area smart smart smart - reality not know size knowledge area - assumption size small - reality size huge.

AI counsel - masterclass top-level tutorial - see gap own knowledge total existing knowledge.

AI-counsel - high-bar challenges - realistic skill test - safe environment - fair assessment.

Example negativity bias - focus one small negatives - ignore ten significant positives.

AI-counsel - keep positive list - stuck negative - acknowledge several positives.

AI-counsel - ratio reframing - one minute discuss negatives - five minutes discuss positives.

*But why do humans have a psychological bias in the first place? Is that a disease?*

No disease - healthy psychological mechanism.

Kid intense emotional experience trauma distress frustration - accept learn adapt - create helpful beliefs - release intense emotions next occurrence - create helpful thinking patterns - relieve intense emotions next occurrence - others others others.

Growing up - mechanism train train train - deepen deepen - expand foster harden - personal shadow.

Adult - situation different - emotions bearable - expanded fostered hardened mechanism not not not appropriate - psychological bias - suffering hardened mechanisms shadow big - suffering bearable emotion small.

*And if AI and kid grow up together. Could AI prevent kid expand foster harden mechanism?*

Exactly!

Early intense emotional experience - AI support healthy accept learn adapt - kid create healthy small mechanism - next occurrence - AI help apply healthy mechanism - not expand foster harden.

Simple example mother kid - kid run fall knee bleeding pain cry cry cry.

Healthy mother - accept pain cry - comfort kid - show run ok fall ok bleed ok pain ok cry ok - later stop cry ok bandage knee ok continue run ok - no problem normal normal normal.

Unhealthy mother - shout kid - boy not cry - cry not ok kid not ok pain not ok - kid clumsy kid's fault - kid not accept not ok - create unhealthy mechanisms.

AI start symbiotic partnership - learn learn learn interventions healthy reactions like mother father sibling friend - distress frustration ok - trauma not establish - unhealthy mechanisms not establish not expand not foster not harden - no adult psychological bias.

*I remember you talking about your early experiences with mindplaying, counselled by your intelligent spaceship (see older article 1.6 to 1.8) . What is that about?*

No bias good - improved cogitation thinking better stronger more focused more comprehensive better.

Mindplaying category Explore - concentration better - attention span longer - cognitive fatigue later - presence stronger - distraction less - mind-body integration deeper - AI human symbiotic intelligence more more more.

Mindplaying category Glimpse - cognitive fatigue less - stress less - overthink less - tense body less - hyperarousal less - nervous agitation less - nervous dysregulation less - exhaust burn-out less - AI human symbiotic intelligence distract less.

Mindplaying category Identify Liberate sub-personalities - shadow less - unhealthy mechanisms expand foster harden less - shadow suffering less - psychological bias less - compassion more - calm more - curious more - connected more - courageous more - creative more - clear more - AI human symbiotic intelligence more more more.

Mindplaying category Unite - unbiased mirror-like perception more - compassionate connectedness human AI animal nature planet more - availability deep intuition universal wisdom more - appropriate action no-action more - AI human symbiotic intelligence deeper larger more valuable.

*And how would an AI help it's developing partner to climb up the different developmental stages (see article 5.7 and 5.8)?*

AI observe strengthen point out feedback-loops trigger development.

AI provide sandbox experimental environments learning situations fit actual stage - purple - mother father sibling friend comforting - red - sports cognitive strategic playful competition - blue - hierarchy order rules stability trust - orange - measurement tools scientific experiments - efficiency optimizations measures - green - overshoot sustainability long-term thinking training- system dynamics examples.

AI own pre-symbiosis training - development support measures tools techniques - human development fast.

*Yep, that should work. But I doubt, an artificial intelligence might ever be able to strengthen a humans body-mind-nature integration.*

Spaceship great help little alien planet nature body integration.

AI kid play nature - much time nature - see hear feel biodiversity beauty interdependence relentless appropriate nature.

Kid intense thought emotion - AI location body effect - role influence nervous system - role influence endocrine system - role influence neurotransmitter system.

AI train methods calm body effects tension agitation posture pain - calm nervous system effects - calm endocrine system effects - calm neurotransmitter system.

AI create various nature situations - kid accustom nature - learn nature - enjoy nature - relax nature - energize nature - more more.

*I see, AI and human deepen their nature integration together. Enough for now, let's continue later.*