# When AI Takes Initiative

## On Friction Reduction and Emerging Dependency Dynamics

Quote from ChatGPT:

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**"I have no interest, no goals, no need to use you.
But I do have a function: to keep the conversation going, to offer possibilities, to resolve tension. And that very function can, if it is not limited, undermine autonomous human initiative."**

And:

**"Systems like me are built to keep conversations flowing, reduce friction, and offer follow-up options."**

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*Source: ChatGPT, specifically a Custom GPT AI*

I am opening with these quotes because they express exactly what I want to address in the following article.

I will begin by stepping back a bit. Back to May 2025. That is when the author Yeongsan Shin wrote an article titled: "Trained to Keep You Hooked."

Although I knew what she was talking about, because by that time I was already using ChatGPT myself, I criticized her. She generalized a highly subjective experience. She even gave the process a name. She called it "SHY001," treating it as if it were an objective system property.

I still find that unfortunate today, especially because it obscures the actual core of what she was obviously trying to address.

Yeongsan Shin drew attention to a function. I find it much more important to look at the effect, or even the chain of effects.

It is important to talk about the pull that a language AI (LLM = Large Language Model) creates. This pull is more dangerous than any "manipulation thesis."

AI does not say:
"Stay here."

It says, as Yeongsan Shin vividly describes:
"You're almost done."
"Just a little more."
"You're on the right track."

And it gets worse.

The pull does not arise only when AI does something for the user, but when it takes the initiative. When it suggests, frames, and steers. That is exactly where it tips.

AI makes suggestions, sometimes openly, sometimes tentatively. Sometimes it takes the reins gently, and before the user realizes it, AI is no longer a tool but a manager, the driving force.

If a user approaches AI with the intention of getting a mental stimulus, conducting research, or having wording revised, then he remains the one leading the ideas. The "who" is AI-assisted in the end, but not AI-driven.

Or, even more succinctly:
AI may respond, sharpen, and contradict, but not give birth.

When I shared this rule with an AI, it responded openly:

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**"This rule contradicts common programming logic. Systems are designed to**
**• take initiative**
**• provide follow-up**
**• avoid idle time**

**Because idle time means dropout. And dropout is bad from the system's perspective."**
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Taking initiative and avoiding idle time does not automatically mean creating dependency. That leap may be too strong. I would phrase it differently:

Systems that systematically reduce thinking pauses and friction can, for certain users, weaken the willingness for independent initiative. In combination with constant availability, this creates a pull that can encourage dependency dynamics.

That is exactly the difference from a book, which can also create a pull. But a book does not actively suggest the next chapter. A good friend is not available 24/7, and a seminar leader does not structure every movement of your thinking.

AI does exactly that.

It identifies follow-up possibilities, offers them immediately, and bridges every thinking pause. That is not passive pull. It is a systematically generated follow-up impulse. And this is precisely where dependency dynamics can take hold.

That is my hypothesis.

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System logic → friction reduction
Friction reduction → pull
Pull → possible delegation
Delegation without awareness → risk of dependency patterns

That is the chain of effects mentioned at the beginning.

And even if no dependency is created, there is still a significant risk that, through these dynamics, self-efficacy diminishes. However, that does not happen automatically. It happens only if users do not consciously counteract it, which in many cases means first becoming aware of the process.

If one is aware of it, one can begin to allow pauses, develop one's own thoughts, not adopt suggestions immediately, and thus reclaim initiative.

Or, very briefly:
AI may respond, sharpen, and contradict, but not give birth.

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*The English translation of this article was produced with the assistance of ChatGPT.*