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Utilising AI and Autobiographical Literature for Healing: Combating Victimisation and Empowering Individuals

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Abstract
This paper explores how Artificial Intelligence (AI) and autobiographical literature can offer an innovative framework to combat victimisation and empower individuals all over the globe. Autobiographies written by those who have experienced exploitation, harassment, and abuse provide significant insights into resilience. This research tries to identify strategies to empower individuals and victims with the help of AI and autobiographical works by authors who were victimised and empowered themselves and others. AI-powered solutions can help users to identify various forms of victimisation, achieve freedom of choice, and develop resilience. Examples of these tools include interactive agents, therapeutic writing assistants, etc. The present research demonstrates how artificial intelligence-powered tools and autobiographical works can provide a scalable solution. Ethical aspects such as usage of personal information and psychological security are thoroughly considered to ensure its appropriate implementation. Finally, this research considers AI as both a technological tool and a cause for a social transformation, strengthening concerns of resilience and empowerment. The suggested framework creates new opportunities for AI in mental health care and community empowerment—where rehabilitation is tailored to individuals and victimization can be prevented using the power of artificial intelligence and autobiographical literature.

Keywords: *Artificial Intelligence (AI), autobiographical literature, victimisation, resilience, rehabilitation, empowerment*

Introduction

This paper examines how artificial intelligence (AI) and autobiographical literature can be utilised to combat victimisation and empower individuals all over the globe offering an innovative framework to ensure the same. "Victimisation is a legal concept that is defined in discrimination legislation and occurs when a person is subjected to a detriment."[1] Victimisation is still a major problem in the world today and frequently leaves victims mentally damaged and powerless. It may be the outcome of oppression, abuse, or marginalisation. "Empowerment is viewed as a process or an outcome. Looking broadly, it is a process by which people, organizations, and communities gain power. (…) every person has the potential to become

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[1] Victimisation Definition | Legal Glossary | LexisNexis:
https://www.lexisnexis.co.uk/legal/glossary/victimisation

empowered."[2] Autobiographical literature has become a powerful tool for retaliation and healing as it provides experiences of authors who demonstrate their resilience. These accounts offer frameworks for empowerment and rehabilitation in addition to humanizing victims' experiences.

This research article proposes an interdisciplinary approach that examines AI-driven strategies to empower victims and analyses autobiographical works of authors who overcame the problem of victimisation. AI-driven tools can be used for identifying emotional patterns and coping strategies for individuals who are victimised. An integrated study of AI and autobiographical works can significantly contribute to psychological healing, empowerment and social transformation. Thus, we may say that AI is not just a technological solution but an instrument for healing. The primary goal of this research is to examine the potential benefits that are associated with AI and autobiographical works for ensuring empowerment of individuals.

Research methodology: The proposed research will use qualitative content analysis to comprehensively evaluate autobiographical literature, highlight prevalent themes, emotional patterns, and AI-powered tools to ensure empowerment of individuals. This research adopts an interdisciplinary approach by combining information from various disciplines such as literature, computer science, law, and psychology to examine the usage of AI and autobiographical literature for combating victimisation and empowering individuals.

Objectives of the research

- To explore AI-driven tools that that support victims in their healing and empowerment
- To evaluate authenticity and effectiveness of AI-powered tools that are used for empowering victims
- To recognize the coping strategies that victims employ and assess their efficacy

AI-powered strategies for ensuring empowerment of victims:

The advancement in artificial intelligence, especially in Natural Language Processing (NLP) can be vital in combating victimization and empowering individuals. AI in mental health care has a long history. It began in mid-20th century when AI techniques were designed to mimic conversations between people. ELIZA, a chatbot developed by computer scientist Joseph Weizenbaum in the 1960s, was the earliest example of the same. The possibility of conversational AI to support mental health was demonstrated by ELIZA. AI can improve victim support services by giving information in multiple languages, delivering assistance more quickly through chatbots, and recognising emotions to provide customised assistance. Additionally, it can determine who needs assistance the most and evaluate data to enhance services. For victims, this improves the effectiveness, accessibility, and customization of care. Chatbots and multilingual platforms are examples of AI-powered solutions that remove linguistic and geographical barriers, enabling more victims to access support services in any language or location. AI plays a significant role in mental health care, wherein therapeutic chatbots are used as conversational agents to provide support to individuals. Mental health apps identify and analyse emotions from text and voice and help users in mental self-care. Several such AI-driven platforms provide 24/7 support to users. The usage of mobile health (mHealth) applications focusing on mental health is growing significantly; a 2015 World Health Organization (WHO) survey of 15,000 mHealth apps revealed that 29% people focus on mental

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[2] Haddad LM, Toney-Butler TJ. Empowerment. [Updated 2023 May 19]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK430929/

health diagnosis, treatment, or support.[3] There are artificial intelligence applications for women's protection as well. These apps include advanced security features like real-time location tracking and emergency signalling, among other things. The recently developed apps are very easy to use. For example, in certain personal safety apps, just a scream or shaking a phone violently can raise an alarm. In order to frighten an attacker, certain applications even simulate an incoming call. Others use the phone's camera to take pictures and videos, which are then sent along with the notifications.

Authenticity and effectiveness of AI-powered tools used for empowering victims:

The Information Technology Act, 2000, IT Rules, 2011 and the Digital Personal Data Protection Act, 2023 offer data protection. Ethical guidelines in AI play a crucial role for ensuring the responsible application and use of AI technology. These guidelines provide a road map to organizations, governments, and app developers as they deal with the complex world of artificial intelligence and prevent potential risks. The core of ethical principles is fairness, accountability, transparency, privacy, and the welfare of people. These principles promote the development of unbiased AI systems that safeguard social norms and human rights. The United Nations Educational, Scientific and Cultural Organization (UNESCO) has stated ethics of artificial intelligence.[4] Human intervention is very significant in AI-driven system. The Indian Council of Medical Research (ICMR) has established ethical guidelines for the responsible development, validation, and deployment of AI in healthcare, focusing on autonomy, data privacy, equity, collaboration, and trustworthiness.[5] In addition, WHO highlights the need of implementing the ethical principles and proper governance listed in the WHO guidance on the ethics and governance of AI for health.[6] The 6 core principles identified by WHO are: (1) protect autonomy; (2) promote human well-being, human safety, and the public interest; (3) ensure transparency, explainability, and intelligibility; (4) foster responsibility and accountability; (5) ensure inclusiveness and equity; (6) promote AI that is responsive and sustainable.[7] Thus, if these ethical guidelines are followed, AI can be beneficial for humanity while reducing potential risks.

Coping strategies in autobiographical works for ensuring empowerment:

Autobiographical writings are usually effective mediums through which the authors express their suffering and regain their unique identities. Coping strategies portrayed in autobiographical works help individuals to combat or prevent victimization and identify various ways to ensure their empowerment. The most common coping strategies are resilience, expressiveness, and seeking support from trustworthy people.

For example, Malala Yousafzai's *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban* describes her struggle to the Taliban's prohibition of girls' education. Her dedication to campaigning and education demonstrates empowerment through resilience and commitment. Tehmina Durrani in her book *My Feudal Lord* breaks silence about her abusive marriage with a powerful politician Mustafa Khar. Durrani reveals the hypocrisy of Pakistan's privileged society and patriarchy. The author gives a very important message to readers through

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[3] Anthes, Emily. "Mental health: There's an app for that." *Nature* vol. 532,7597 (2016): 20-3. doi:10.1038/532020a

[4] Ethics of Artificial Intelligence | UNESCO

[5] ICMR's ETHICAL PRINCIPLES FOR AI IN HEALTHCARE | nasscom | The Official Community of Indian IT Industry

[6] WHO calls for safe and ethical AI for health and Ethics and governance of artificial intelligence for health: Guidance on large multi-modal models

[7] WHO calls for safe and ethical AI for health

this book, "Silence condones injustice, breeds subservience, and fosters hypocrisy."[8] The narrator in Meena Kandasamy's work *When I Hit You* describes in detail her miserable experiences such as her exploitation, domestic violence and intense social isolation and how she resists domination. Thus, these literary works not only describe the impact of trauma but also provide coping strategies that inspire people for ensuring their empowerment, hence they have a universal appeal. Maya Angelou narrates her miserable plight in her autobiography *I Know Why the Caged Bird Sings*. She tells readers about her childhood abuse, racism, rape and subsequent silence for several years. It portrays the transition of a silent and traumatized girl into a confident and expressive person. Her coping mechanisms such as silence for healing, reading literature, seeking guidance from mentors, racial and cultural pride, writing, and resilience show how people can overcome trauma and oppression to become empowered.

Conclusion

The integration of AI and autobiographical literature creates an appealing framework for empowerment and social reform. Autobiographical works provide strategies for coping mechanisms, resilience, and empowerment of oneself. AI-driven solutions have the ability to transform the assistance available to survivors of trauma, abuse, and marginalization. The tools such as therapeutic chatbots, mobile applications, and AI-powered language models can support victims in regaining freedom of choice, articulation, and sense of self-worth. However, such applications must be ethically acceptable, ensuring that AI enhances rather than replaces human interaction. In order to empower people, the technology must be used ethically with a focus on privacy, permission, cultural sensitivity, and human supervision. Finally, this study emphasizes the key connection between autobiographical accounts and innovations in technology. By integrating AI with autobiographical literature, we can combat victimization and promote profoundly empowering and healing mechanisms.

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