



# MY PERSONAL GUIDE

## *How I use AI with emotional intelligence*

Name: .....

### WHEN CAN I USE AI?

*Examples: when I need quick information, clarify thoughts, look for strategies...*

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### WHEN I NEED PEOPLE

*Examples: emotional crisis, authentic validation, deep relationships...*

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## **WARNING SIGNS**

*When I stop using AI - ex: I prefer AI to friends, addiction, hiding...*

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## **MY COMMITMENT**

*How do I commit to developing HUMAN emotional intelligence in parallel with AI?*

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_