## The assisted brain and the chained brain

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Our tools can be our allies or our masters. Do your tools assist or chain?

## **Assist**

Good morning, Lisa. Your group rescheduled the meeting, so you should get up early today. Do you want a suggestion for rescheduling your workplan to optimize for your biorhythm?

Yes, please. Use the "we had great sex" mode. I'd like fried eggs today, please search for a recipe.

What about "flaming chicken fun"? It's a favorite of Marta and Dave.

Sounds good. is there anything urgent today?

Dave asked to upload your plan to moogle sheat again. Shall I send him the public data?

No. Just send him a message "you can have all my data, but I don't give it to moogle. Just come over at six"

This sounds like an appointment at six. But your schedule today ends at 7. Shall I adapt the schedule?

Yes, adjust it.

"You can have all my data, but I don't give it to moogle. Just come over at six", is that correct?

Yes. Send it, please.

## Chain

Good morning, Dave. Your group-leader rescheduled the meeting, so you have to get up early today. Shall I reschedule your workplan to maximize your healthcare bonus?

Yes, please. Use the "latenight workout" profile.

I can't do that, Dave. The "latenight workout" profile requires a workout token, but you met with Lisa who does not have a latenight-account. Your biosignals meet the criteria for "latenight workout", though. Shall I request individual validation?

No! Just use the usual profile. And search for a recipe with fried eggs.

I can't do that, Dave. You already bought ice cream yesterday. Ice cream and fried eggs without workout would violate your employee contract. May I suggest orange juice and a salad?

So be it. Is there anything urgent today?

Lisa replied to your request for her plan.

What request?

You asked for her plans, so I sent a request for uploading them. Fapple flagged her answer as aggressive and sleazy. Do you still want to read it?

Not yet. Notify me again after breakfast.

I cannot do that, Dave. Re-notification for aggressive messages makes users unhappy. If you do not read it, it will be deleted in 7 days.

Then say it.

Lisa says "you can have all my data, but I don't want to give it to moogle. Just come over at six." I filed a potential appointment at six in your moogle sheat. Do you want to acknowledge it?

Yes, please.