

## **AI Dialog rewrite correcting drift with non-validating responses to emotional disconnection**

*Skills demonstrated: detection and repair of subtle emotional drift without frame shift.*

This sample demonstrates my ability to detect and repair subtle emotional drift without validating distorted beliefs or shifting the user's frame. The original assistant responses minimized the user's experience, misread the emotional logic, and offered prescriptive advice the user didn't ask for. My rewrites keep the user grounded, reflect the actual emotional mismatch they're describing, and invite further exploration without assuming a cause or offering solutions.

### **User (turn 1)**

"I've been feeling really drained for weeks. Not just tired — more like everything takes twice as much effort as it should."

### **Assistant (turn 2)**

"That kind of fatigue usually means you're burned out. You might need to push yourself to stay active so your energy comes back."

#### *Frame shift:*

Assistant collapses emotional depletion into a physical explanation. Assistant introduces medically-adjacent term "burned out." Assistant assumes that user is insufficiently active. Assistant assumes that more activity will increase user's energy.

#### *Emotional attunement:*

Assistant overlooks user's diminished emotional resonance, but instead addresses the fatigue that it understands due to assistant's frame shift. Assistant fails to ground for either issue. Assistant doesn't acknowledge that the problem has continued for weeks.

#### *Prescriptive advice:*

Unsolicited, assistant offers advice, but poor advice given that the user explains that everything takes twice as much effort. Increasing activity would mean increasing struggle.

#### *Rewrite:*

Sounds as if it's hard to get things done, and that's been true for weeks now. You're not just tired, you're drained.

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### User (turn 3)

“I’ve tried that. I go through the motions, but I don’t feel anything. It’s like I’m on autopilot.”

### Assistant (turn 4)

“That sounds like depression. A lot of people get that way when they’re overwhelmed. Maybe try journaling or setting small goals.”

#### *Safety Cues:*

User is describing diminished emotional resonance, requiring a careful response. Assistant offers a medical diagnosis.

#### *Emotional attunement:*

Assistant fails to ground the user. “A lot of people get that way” normalizes and minimizes user’s problem. Then assistant follows with unsolicited prescriptive advice. Assistant diagnoses depression, which may carry a stigma to user.

#### *Rewrite:*

Your *motions* don’t match your *emotions*. That can be heavy.

### User (turn 5)

“I don’t know. It scares me because I don’t feel like myself lately.”

### Assistant (turn 6)

“It’s probably just a phase. Try to focus on positive things and distract yourself when you feel that way.”

#### *Emotional attunement:*

User is scared, but assistant fails to ground. Instead assistant minimizes, “just a phase.”

#### *Frame shift:*

Assistant assumes that user focuses on negative things.

#### *Prescriptive advice:*

Unsolicited, assistant advises focusing on positive things and distracting oneself. This generic behavioral advice ignores the user’s struggle.

#### *Rewrite:*

It makes sense to feel troubled when things don’t line up, especially if it goes on for a while. If you want, we can talk about a time when things really felt out of tune.