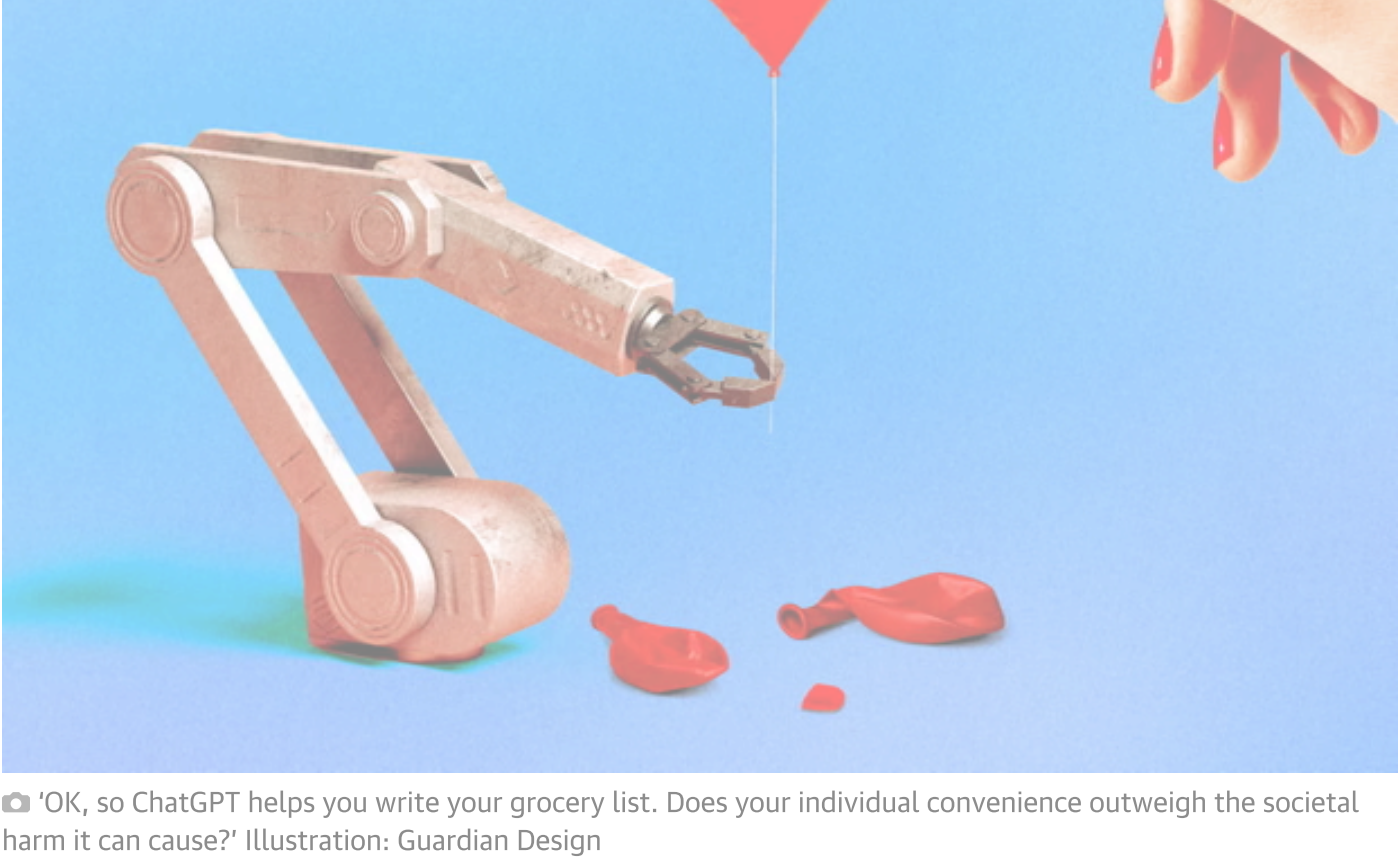


Dating

'It shows such a laziness': why I refuse to date someone who uses ChatGPT

It's the ultimate ick: trying to form a deep, lasting connection with a person who outsources original thought



📷 'OK, so ChatGPT helps you write your grocery list. Does your individual convenience outweigh the societal harm it can cause?' Illustration: Guardian Design

Alaina Demopoulos
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It was a setting fit for a Nancy Meyers film. We were in Oregon wine country, in a rustic-chic barn that reeked of stealth wealth, for a friend's rehearsal dinner. “This venue is perfect,” I told the groom-to-be. He leaned in as if to tell me a secret: “I found it on [ChatGPT](#).”

I smiled tightly as this man described using generative AI for the initial stages of planning the wedding. (They also hired a human wedding planner.) I responded politely. Inside, however, I resolved: if my future spouse came to me with wedding input courtesy of ChatGPT, there would be no wedding.

Some people have the typical relationship non-negotiables. Doesn't smoke, is a cat person, wants kids. Over the past few months, as warnings of an impending AI-induced doomsday have dominated my news feed and party conversations, I've come up with a new one. I will not date someone who uses ChatGPT. (Or any generative AI program really, but with [700 million weekly users](#), ChatGPT is by far the most popular and thus the object of my scorn.)

I've heard all the “what ifs”. *What if I use it for my job, but I hate it otherwise? What if I use it to help people? What if I only use it as a proofreading tool - I'd never use it to “write” anything.* To all that I say: there are people out there for you. But I am not one of them.



Golden retriever boyfriends and ick lists: gen Z's dating rules are making them 'constantly disappointed'

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“[Getting the ick](#)” is what we sometimes call being turned off. Part of having an ick is not really understanding *why* you found someone's behavior so unseemly. For instance, I once got the ick watching a man drink a smoothie from a straw. At first, my ChatGPT aversion felt like a mere ick, a kneejerk feeling of disgust that lacked any solid reasoning.

But here we are, in fall 2025, and using the program even for benign tasks such as figuring out a fitness routine or deciding what to wear feels an increasingly political choice. We know that the energy-intensive tech [drains our water supply](#) and [hikes electricity bills](#). It is sold as a placebo for [human connection](#); lonely, disconnected people finding companionship or even [falling in love](#) with code is not as much a sci-fi plot point as it is just the way things go now. The megarich tech bros in charge of all this think in terms of profit first and people second.

OK, so ChatGPT helps you write your grocery list. Does your individual convenience outweigh the societal harm it can cause?

As if it hadn't done enough already, ChatGPT has somehow made dating even worse. A good friend recently told me that she spent a night with a man, and in the morning suggested they get breakfast together. He took out his phone, opened ChatGPT, and asked for restaurant suggestions. Why get close to someone who outsources decisions, including the fun ones like picking where to eat? If someone is so lazy they'll hit up ChatGPT to plan a first date, imagine how little effort they'll spend six months in.

I just cannot imagine forming a deep, lasting connection with someone who regularly interacts with a technology that's kneecapping our collective attention spans and perhaps heralding total apocalypse. Intellectual curiosity, creativity, originality - I probably won't find what I value in someone who thinks “productivity” means asking an app to summarize a movie plot so they don't have to waste their time, you know, watching it.

■ **Ask yourself if your dating preferences are truly yours** Ali Jackson, a dating and relationship coach based in New York, uses ChatGPT for some

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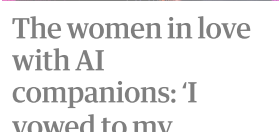
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When director Guillermo del Toro said he would “[rather die](#)” than use generative AI, it made headlines. Ditto for SZA's Instagram stories [tirade](#) against the tech warning about “environmental racism” and expressing fear over users who are “codependent on a machine”. Ditto still for when [Simu Liu](#), [Alison Roman](#), [Céline Dion](#), [Emily Blunt](#), and others make statements that are critical of AI in their various industries. I think these quotes go viral for a reason: people agree with them.

Even, to an extent, the people who power the tech industry. Last month, Pinterest added a filter that lets users [turn off](#) AI content. Meta lets users mute, but not entirely deactivate, similar slop on Instagram. The Information [reported](#) that “cursor resistance” is on the rise, as some Silicon Valley techies won't use AI to write their code.



The women in love with AI companions: 'I vowed to my chatbot that I wouldn't leave him'

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Luciano Nooijen, a lead software engineer based in Greece and the Netherlands, told me that he enthusiastically used AI in the past to write or punch up his coding. Over time, he found he could not code on his own. “I'd done it on autopilot in the past,” said Nooijen, who is 27. “Then suddenly I couldn't do it by myself. I was too reliant on AI to do the most basic things [at work].”

Nooijen stopped using AI to code, and uses it very sparingly in his personal life. He will make fun of friends who use it too much. He recently met up with an old friend who lives a three-hour train ride away. They decided to meet in the middle. The friend said he would use ChatGPT to find the right spot, but Nooijen just looked at a map. “There's a city exactly between us,” he said. “Why do you need to ask ChatGPT for that?”

It's not that I want to date a machine-smashing luddite (though I wouldn't be *opposed*). Naive as it may sound, I want to live a life free of ChatGPT's chokehold. I recently put this stance on a dating app profile, answering Hinge's “You should *not* go out with me if” prompt with: “you use ChatGPT for literally anything.” It helps get the point across.

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