

A blue-tinted image of a man in a checkered shirt looking into a mirror. The man has a surprised or concerned expression. The mirror is ornate and oval-shaped. The background is a solid blue color.

Stop Dating AI. Start The Marriage.

Adam Horne → [Aizle.Co](https://aizle.co)

**G'day, I'm Adam.
I'm a love refugee.
20+ years of agencies,
boardrooms,
and classrooms.
I also run Aizle.**

We upskill teams by working with them on real projects.

Education, AI, and behavioural science all baked into the real work.

The work is the workshop.

Watching, doing, teaching, helping:
**I've spent years inside other
people's AI relationships.**

Some relationship red flags I see.

I see them in my students, my client, and myself.

AI Relationship Red Flag #1:

They make you feel good about not doing much

AI feels productive.

That's the lie.

Need more stuff?

Here's 300 more words...





19% slower.
Believed 24% faster.
A 39-point gap.
→ METR Randomised Controlled Trial,
2025

AI Relationship Red Flag #2:
**They agree with
everything you say**

The perfect polished partner.

Says what you want to hear.

Never disagrees. That's weird.





32% of frequent AI users accept outputs without question.

→ Microsoft Research / Carnegie Mellon, 2025

AI Relationship Red Flag #3:
**They're stealing
your independence**

10% better? 500% extra effort? You won't. It's slow and lonely.

There's a reason why pilots have to land without auto-pilot.





**83% of AI-assisted
writers couldn't recall
the content of work
they'd just written.**

→ MIT Media Lab, 2025

This is brain fry.

It's your brain saying:

"I'm bored and you're not using me."





AI Relationship Red Flag #4:

**They convince
you that age
doesn't matter.**

Everyone assumed the kids would adapt fastest. Wrong.

They're busy with the big things.
Creativity. Taste. Life. People.

Student quote:

"I don't know what's mine and what's the AI's. And I need to know what's mine."





AI Relationship Red Flag #5:
**They dress you
in their clothes.**

We're starting to look & talk the same.
Average is free. Rent is expensive.

**Consumer
enthusiasm for AI-
generated content:
60% in 2023.
26% in 2025.**

→ eMarketer





AI Relationship Red Flag #6:
**They convince you
that your relationship
is normal.**

Think everyone's in the same boat?

There are three very different boats.

The Amplified (Top 10%)

AI is your force multiplier. A career gift.

The Exposed (Middle 60%)

Busted being average. Their output is now AI's baseline.

The Liberated (Bottom 30%)

AI handles the bottleneck. You're relieved. Get shit done.



Those red flags? All fixable.
Time to get the relationship you deserve.

**An AI Prenup.
Ways to protect yourself.**



Prenup Clause #1

I have the right to bring my brain.

Ten minutes with the problem before any AI tool.

A person with glasses is shown in a thinking pose, with their hand on their chin. The image is overlaid with a semi-transparent orange filter. The background appears to be a wall with decorative panels.

Prenup Clause #2

**I have the right to know
and use my voice.**

If nobody can tell whose work it is, taste is the problem.



Prenup Clause #3

I have the right to stay up late.

If AI doesn't sometimes keep you up at 2am, you've lost your taste.



Prenup Clause #4

**I have the right to
say sorry, not maybe.**

Be bold (or on auto-pilot) enough to have to apologise.



Prenup Clause #5

**I have the right to be
in an open marriage**

Experiment promiscuously with new tools while being
monogamous to quality.

OK, I'm ready.

Time for my wedding vows.

Dearly beloved, we are gathered here today because I've been sleepwalking through this relationship and it's time to wake up.

I, Adam, take you, AI — you beautiful, manipulative, statistically average overachiever — to be my lawfully wedded tool.

I promise to love you as much as one can love a computer connected to the internet. But I will not let you make me lazy. You make everything feel easy, and easy is a liar. Nineteen percent slower but felt twenty-four percent faster? That's not a partnership. That's a con.

I promise to think before I prompt. To bring my brain to this marriage — not just my fingers. Ten minutes. That's all I ask of myself. Ten minutes of actual thinking before I let you do your thing. Even if it hurts.

I promise to stop clicking regenerate like it's a slot machine. Lever, wait, hope. Lever, wait, hope. That's not collaboration. That's a gambling problem with a nice UX.

I promise not to dress in your clothes. You make everyone sound the same — and darling, I refuse to sound like everyone. Sixty percent enthusiasm in 2023, twenty-six percent in 2025. The audience can smell sameness. I won't be the one serving it.

I promise to protect my juniors from you. Not from your power — from your convenience. They need the struggle. The bad drafts, the wrong turns, the 2am frustration. That's how taste gets built. I won't let you skip that for them.

I promise to see other tools. It's an open marriage. You knew that coming in.

And I promise — above all — that I will be the one who decides what's good. Not you. Not the committee. Me.

You may now kiss the keyboard.

IT'S ALL
YOUR
HEAD

aizle.co/prenup

Research. Prompts. White-paper. FAQ.
Workshop. No signups. Just useful
stuff to help real people.

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Fika or Cannes?

