

## In what you say you express yourself.....! Or is it ChatGPT? How far do we go in 'outsourcing' our brain?

### The magic world of artificial intelligence!

To be honest, this gives me a sort of allergic reaction.

I am a great admirer of natural intelligence. The fact that a small acorn can grow into a large oak tree; that the coming together of a sperm and egg cell is the foundation for the birth of a small human being, where people exclaim in admiration: "oh look at those five fingers." And of course, there is much more that usually functions perfectly in this human being and from which life takes shape. Not only physically, but also mentally, emotionally and spiritually. There is a life force in a human being that is so unique that it cannot be copied.

Copying is however at the driving principle of ChatGPT. And then ChatGPT combines and arranges the entered words in an ingenious way. Hence the name: Generative Pretrained Transformer. I admire the brains from which ChatGPT has taken shape. Smart minds that are unparalleled. And probably, just like me, have a lot of fun in designing and or creating. I understand that the use of AI, artificial intelligence can be very useful in many application areas (such as in the field of disease to health).

What I do not admire is the application of ChatGPT in training and coaching, where it is about discovering and developing yourself. And for me that certainly also applies to the development of yourself as a trainer and as a coach. Your spirit, your values are inherent to you. They live in you. How beautiful it is that you can connect with them and develop your own wisdom.

ChatGPT has no heart, no soul, no body. No possibility to experience words as a human being can. No matter how beautiful the words sound.



I know very experienced colleagues (NLP-) trainers who admire what ChatGPT delivers. Often these colleagues have developed themselves in and on what NLP has to offer, by repeatedly experiencing and reliving their material/their words and matching them with their own values, beliefs and vision. This, then, formed the foundation for further development and enrichment. As a result, they can value the words of ChatGPT from their own development.

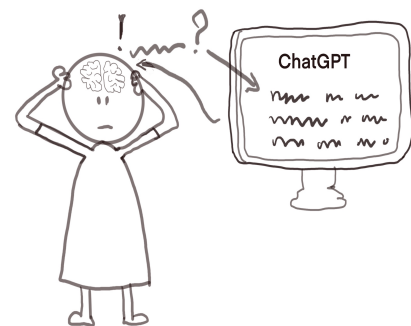
The words "Walk your talk." and "Practise what you preach." are highly appreciated and therefor promoted in the world of (communication) training. Using ChatGPT, it is now being reduced to content. A content that has little or no emotional connection with your felt values and meaning or at least carries that risk.

In the world of marketing, there is already a lot of talk about "personal course design assistants"! They are said to be able to streamline your content so that you can focus on what really matters: delivering values to your trainees!

Isn't that a contradiction in terms? Isn't it important that, especially in training courses that focus on personal development, the content is also supported by the values and beliefs of the trainer?

And what if discovering your values and developing those values and your meaning in life are central to your training? When it comes to self-realization?

Shouldn't that be the same for you as a trainer, so that you can be an example in this.



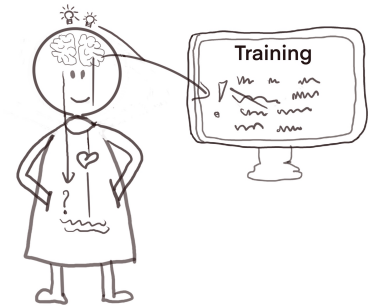
Isn't it about an inner search, struggling with the words to set the right framework, giving strength to a working method, giving supportive feedback; tasting, searching for words, experiencing the words instead of having them presented to you by ChatGPT?

Discovering which words are more appropriate, after you have carefully tested them against your values and purpose in life, is an incredibly fascinating and valuable process for me. I have become a rich person and a skilled professional through this continuous processing.

The experience you gain is essential for your development.

It makes you a producer, walking your talk. This process involves your whole body and certainly not just your head. That, at least as far as I am concerned, is the value of development and therefore also my life.

So, your brain is not limited to your head, it is your entire body. Your head knows what it (rationally) finds important. However, your heart and your gut can cherish other values. Values that do not reveal themselves in a word but in a feeling or an image. And that is exactly what ChatGPT does not have: feeling. And so ChatGPT cannot connect with these values, it is not aware of them. Those values are unique to you. And you cannot connect with them if you outsource your brain and only use it to ask questions.



In the words of Joke van Leeuwen (Dutch author): "People want to travel further and further, away from the ordinary, because they think it will be more beautiful. But maybe you can also travel closer and closer, away from the ordinary, and maybe you can also discover it will be more beautiful."

This requires you to turn your attention inward, take your 'being' seriously, listen to your heart, dare to dream.

Of course you can use ChatGPT as a support. But please realize that consuming is different from producing. My point here is to realize the value of your own backbone, your own inner strength, to know what you stand for and to accept a struggle with words and discover it as an inseparable part of your development.

After all, identity is a result of a process and is also a process in itself.



Understanding gives insight.  
Real change comes from internalization.

The words on my website are my words, no ChatGPT involved.

I make myself known in my most transparent way. Is there room for improvement?

Definitely. My life continues to develop, I continue to grow, I become wiser. Challenges help with this, even if I don't always see it right away. 😊

In this way, I discover time and again in training how I can improve a program even with a little change, how I can explain more adequately the meaning of a certain work method or intervention. Come up with an even more adequate example.



Never on autopilot but developing thanks to the lively and vibrant interaction with my trainees, with whom I feel connected with heart and soul.

Anneke Durlinger

Anneke Durlinger works as an NLP Master trainer and gives all kinds of NLP courses at a beautiful location in the Netherlands.

She has been doing this for more than 30 years with continuous enthusiasm, where passion and craftsmanship go hand in hand.

She is recognized as a Fellow Member Trainer by the IA-NLP. Her courses are thus internationally accredited according to the high-quality standards of the IA-NLP.

She sees NLP as 'inner human resource management' and as an optimal means to achieve self-realization. In this, she has a natural confidence in the qualities and potential of people.

She is currently writing her third book: Groupmindfulness as foundation for excellence. How to orchestrate a team into a symphony?

Together with Guus Hustinx, she wrote the book 'Voorbij je eigen wijs' (Beyond your own way) about meta-programs. In 2011, her book was published: Handbook for trainers, steps to enrich. Translated in English: Mastering communication (available as an e-book) And in traditional Chinese Mandarin.

For more information, see [www.annekedurlinger.com](http://www.annekedurlinger.com)



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