

# 10 situations where you shouldn't use ChatGPT

Don't overuse ChatGPT. Here are 11 situations where you should think for yourself instead of trusting AI to avoid risks.

Are you assuming that asking ChatGPT is faster and more convenient than doing everything yourself? If so, it's time to break that habit. Over-reliance on AI not only makes you dependent but also diminishes your critical thinking skills over time.

In reality, ChatGPT is not an 'all-knowing machine'. It doesn't understand the world like a human; it only predicts the next word based on learned data. Therefore, sometimes the answer sounds very convincing but is completely wrong — a phenomenon often referred to as the 'AI illusion'.

In some cases, this error isn't too serious. But if you're using AI for issues like health, finance, or legal matters, just one wrong answer can lead to significant real-world consequences.

Here are some situations where you absolutely should not leave everything to ChatGPT.



## 1. Self-diagnosis of illness

Entering symptoms into ChatGPT can be more confusing than helpful. A simple symptom can be 'exaggerated' into a serious illness.

AI can be helpful in preparing questions for your doctor, explaining medical terminology, or organizing your symptom history. But it cannot examine patients, perform tests, and certainly is not medically responsible.

## **2. Replacing psychotherapy**

ChatGPT can offer gentle advice or stress-reduction techniques, but it cannot replace a real mental health professional.

AI lacks life experience, cannot read genuine emotions, and does not possess the empathy of humans. More dangerously, it could inadvertently reinforce negative thoughts you may already have.

Deep psychological issues still require professional help.

## **3. Decision-making in emergency situations**

When incidents like gas leaks or fires occur, opening ChatGPT to ask for help is a mistake.

AI cannot sense the real-world environment, call for help, or react in real time. In these situations, quick action is always more important than finding an explanation.

## **4. Create a personal financial plan.**

ChatGPT can explain concepts like ETFs or taxes, but it doesn't understand your specific financial situation.

Furthermore, AI data may not be up-to-date with the latest tax laws. Sharing personal financial information with chatbots also poses privacy risks.

## **5. Handling sensitive data**

Information such as contracts, medical records, personal documents, or company data should not be fed into AI.

Once the data has been imported, you have virtually no control over how it will be stored, processed, or used. The simple rule is: if you're not comfortable posting it online, don't put it in ChatGPT.

## **6. Engaging in illegal activities.**

This is quite clear: AI is not a tool to support illegal activities.

## **7. Academic cheating**

Using AI to do your homework for you could result in serious disciplinary action.

More importantly, you are missing out on opportunities to learn and grow. ChatGPT should be a 'learning assistant', not a 'doer'.

## **8. Follow the news in real time.**

While ChatGPT can find new information, it doesn't update as frequently as news platforms.

If you need quick and accurate information, official sources, direct announcements, or livestreams are still the better options.

## 9. Gambling

AI cannot predict the future. Information about sports, betting odds, or player performance can sometimes be inaccurate.

Relying entirely on ChatGPT for betting is almost like... gambling on luck.

## 10. Drafting legal documents

ChatGPT can help you understand legal concepts, but it should not be used to write important documents such as wills or contracts.

Laws vary from region to region, and even a single incorrect detail can invalidate a document.

## Conclude

ChatGPT is a powerful tool, but it shouldn't always be used. It's important to understand its limitations.

Instead of asking 'Can AI do it?', a more appropriate question would be: '**Should AI be the one to do this?**'

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