

ChatGPT is changing the way we communicate: Research reveals surprising truths

A new study finds that ChatGPT not only makes writing more coherent, but is also quietly influencing the way we speak, text, and communicate on a daily basis.

Since its launch and gradual worldwide popularity in late 2022, ChatGPT has become a writing support tool for millions of people, from emails and essays to marriage vows and apology messages.

But now, researchers are finding something surprising: AI isn't just helping us write better, it's actually **influencing the way we communicate every day**.

A recent analysis by the Max Planck Institute, published in *Scientific American*, found that many of the words commonly found in ChatGPT responses, such as *'delve'*, *'tapestry'*, and *'nuance'*, are increasingly appearing in everyday conversations.

After analyzing more than 700,000 hours of podcasts and YouTube videos, the team found a marked increase in the frequency of using 'GPT-standard' vocabulary — even among people who didn't realize they were 'imitating' the chatbot.

Why does this happen?

Large language models like ChatGPT are trained on huge corpuses and produce a distinctive writing style: polished, academic, descriptive, and often quite verbose.

If you've ever asked ChatGPT to rewrite a paragraph, you've likely come across words like *'explore'*, *'compelling'*, *'robust'* ... And as AI becomes the 'default assistant' for writing assignments, work emails, and even Slack messages, this style is creeping into human language — not just online, but in everyday communication as well.

'The language of ChatGPT is infectious,' says Jon Kleinberg, a computer scientist at Cornell University. *'People are drawn to it because it sounds authoritative.'*

And that traction is measurable: for example, usage of the word *'delve'* has increased 51% since ChatGPT went public.



Positive side

This effect is not all bad. In fact, many educators have credited ChatGPT with helping students improve their fluency, vocabulary, and grammar, especially for foreign language learners.

A study published in *Smart Learning Environments* found that students who used ChatGPT as a 'writing coach' showed significant improvements in their writing skills.

'AI helps people write more clearly and confidently, which can be empowering, especially for those who are naturally shy about writing,' says Christine Cruzvergara, a job market researcher.

For non-native English speakers, AI-suggested languages ??also act as an 'instant tutor', which can be repeated indefinitely without tiring.

Negative side

There are concerns, however. As AI becomes the 'silent co-author' of emails, posts or messages, our personal style risks fading.

If everyone uses fancy GPT-style phrases, we start to sound more like chatbots than ourselves. This is especially evident in emotional moments, like writing a breakup message or an apology. The recipient may appreciate the words, but it's also easy to feel 'something is off' because the polish takes away the nuance of authenticity.

In addition, ChatGPT often defaults to standard American English, which in the long run can cause regional dialects or cultural idioms to be lost, impoverishing linguistic diversity.

Should I worry?

Perhaps not yet, but it is a reminder that **AI is having a deeper impact than we think** . Just as the internet changed our language and attention habits, AI is now making its mark on the way we write and speak.

It's important to be mindful: review what the AI ??writes for you — does it still have a personal tone? Can you add some humor, personal memories, or sarcasm?

Think of AI as a first draft, not a final answer.

AI is helping us write more coherently and professionally, but it also risks making us a little less human. As ChatGPT continues to influence language, the challenge is not to reject it, but to learn how to retain your own voice. Because ChatGPT can help you create a perfect sentence — but only you can infuse it with human warmth.

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