Optimist Artificial Intelligence

Additional Findings

This small booklet details additional findings and conclusions from research into the 'Optimist' artificial intelligence application which is currently available as version 1.04

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Hello and welcome to these, the additional findings from extensive A I research. Much of today's health needs seems to focus on mental health and to be sure, a focused mind has many advantages, particularly if there are other health concerns too. Right now we have a reading schedule to keep to, however somehow we have found the time to put this additional information into legible form with some interesting intuitive insights. To be fair, thus far it has been an interesting journey having created the 'Optimist' A I, moreover actually using the software app has also felt beneficial and entirely therapeutic. Eventually the initiative to write this additional set of findings came to me, and wanting to share these keen insights was fundamental in the initial outlook. I do in fact still have the Sigmund Freud book on my coffee table. That book is called, 'The Ego and the Id'. This document however, is not concerned with those concepts. It is more concerned with simple states of mind which affect us all, and how to take advantage of certain implications to the fullest extent in order to lead an emotionally meaningful existence without interruption, disruption, corruption or just plain moral servitude.

Some of these ideas may seem somewhat abstract, Particularly in light of the roles we play in modern life. As it is, sometimes it can be difficult to establish whether someone is happy or sad. Why should that be important to us, and how precisely could there be different sets that conform to these categories ? If we know whether we conform to the one set or the other, how does that benefit us ? Are there really significant advantages to belonging in any particular set ? How can we relate our different levels of satisfaction in terms of daily life and objectives which may or may not have been achieved ? How does each set affect our activities and capabilities ? Are happy people superior in any way over sad people ? What is the difference between a happy person and a sad person ? And besides happy and sad being antonyms of each other, could there be a technicality where things are just normal ? Some of the contradictions of modern life spring to mind here such as normality, however if you did go shopping on a Saturday afternoon, you would be hard pressed to notice any one individual conforming to normality.

What we are interested in, is to maximise the opportunities for meaningful relationships and for those relationships to be stable and with a reliability that enhances one's day to day activities. So, if you have any information about the Optimist A I, you will be aware that it has a particular focus on adjectives. The words 'happy' and 'sad' no longer fully describe the range of emotions felt by the majority of people. However seeing as this is a computer application, we still have the ability to differentiate between happy and sad, particularly because we can attribute a truth value to these words and can treat them as a binary pair. Just like on a CD player you might have a simple readout that displays pertinent status information, so could we indicate to what degree someone is happy, or to what degree they are sad in some aesthetically pleasing way. Using these methods the discovery of five discreet sets between the range of sad and happy came to light. Perhaps these sets could more accurately be called phases, especially since they are unlikely to be permanent feelings. The knowledge of these sets is not particularly speculative, its more of an intuitive theory that seems to work in many settings and particularly in the mental health field. We will attempt to set out proofs of these ideas and we may need a specific diagram which could tentatively be called the 'Happiness Paradox'. It would in fact be no different if it were called the 'Sadness Paradox', however as a side effect from that diagram you will realise that everyone is entitled to their own angle on the matter.

Although it could be explained now, let's entertain this diagram (Diagram 1a , page 4) and note its implications. Firstly you'll notice a strong semi-circular shape. This fits in with our model of one individual as our focal point. If there were two semi-circles that would imply the togetherness of any meaningful relationship between two people made into one circle. You'll notice the five discreet regions. What we are looking for is realities, not just as they are, and additionally to delineate a healthy mind as it conforms to these ideas. The statistics involved could reflect aspects of the consciousness of our subject.

Firstly, there are three danger zones and two much larger regions (in black) displayed in the diagram. Additionally, we can assume that any individual can have their happiness rated on this diagram and represented by a needle which could show the precise measurement. Using today's technology this could be a factual element, however the consciousness of the subject also has a direct bearing on the sound mental faculties, which could be questioned from time to time. At 180° on the right we have the condition of 100% happiness, and at 0° on the left we have the condition of 0% happiness. At this stage it could be considered too clumsy to refer to it as 100% sadness. Everything here is in terms of happiness. Naturally, having identified the two larger regions, your eyes may wander to the middle ground. This could be considered a grey area although we've used pink, and technically the other two small regions are in the same category.

Diagram 1a
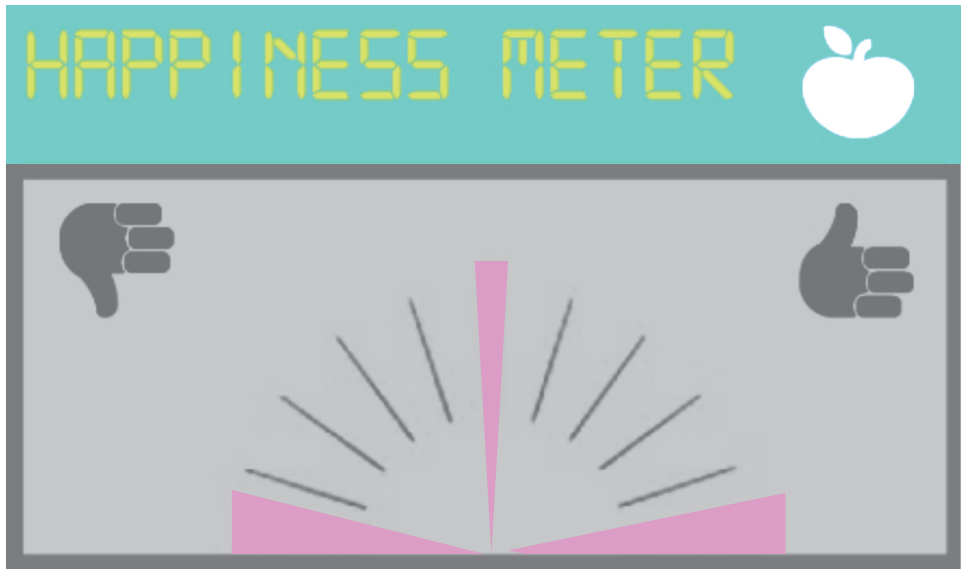
Allow me to explain, so that you can grasp the subtlety of our model. You'll agree that an individual can be happy or sad as a statement of fact, and if so then who is it that determines this fact ? Since this fact would be determined by at least two people including the subject, we must also call into question the subject's own estimation of their own happiness. At all times there would be two parallel readings using this diagram.

Let's say for example that someone is sad and that they are so sad they fall into that small region to the left. You'd have to be quite sad to fall into that category. On the other hand perhaps its best to explain the two larger regions, which account for the majority. Someone could be quite sad, or quite happy, moreover here the subject's own consciousness steps in and makes everything okay. For example you could be quite sad. Additionally you might know that you are quite sad. This scenario denotes that there is parity and that the subject's estimation of themselves is sound.

There is, however the special case of the size of the larger regions with respect to possible polarity in our understanding. For reasons of humour or perhaps sarcasm we find that it is still okay for our two representations to be on either side within the larger regions. So, if you are deemed to be quite sad, although you actually feel quite happy, that case could be considered a complimentary side effect of being within the larger regions. The same is true if these attributes are reversed.

Having established our safe zones, we'll try to explain the danger zones (the pink areas in diagram 1a). Firstly, if you really are that sad it is just debilitating. On the other hand if you really are that happy, the same is true. Coming back to the middle ground, our grey area, it might not be easy to describe the 90° angle here in terms of happiness or sadness or even normality. The main feature of this middle ground is that the subject's happiness is in contention. They could, for example be only mildly happy, and what ever they are thinking, whether they believe they are actually mildly sad or mildly happy makes no difference. The fact is there is doubt as to whether they are happy or not, and doubt as to whether they believe that they are themselves happy or not. For these reasons the middle ground which stretches maybe 3° on each side is identified as our first and most prominent danger zone. It accounts for only 6° out of 180° which in terms of percentages is 3.3% of the total area. If our user falls into this category, it could indicate that the subject is looking for a more meaningful relationship, probably together with more socialisation. Elements of safety within the larger zones are not experienced in the other danger zones.

However, there is still the completely rational perspective that the words (and they are also adjectives so let's be clear) 'happy' and 'sad' are not descriptive enough to be of merit in the broadest sense. There are undoubtedly astronomical numbers that can be applied, not only to various common ways of life in terms of adjectives, and also a safe path incorporating the most descriptive of journeys for each and every one of us on the way to our destination. You, your relations, or anyone could begin with just three well understood adjectives and use them in such a way that you are also indirectly accounting for quantum super-positions which could relate to specific requirements and learning objectives in a well formed and modern society. And let's not forget, in terms of Boolean algebra those three adjectives can have eight possible outcomes which may or may not be associated with an open doorway, and could immediately liberate our subject from the happiness and sadness constraints of their environment.

While the outcome of a software engineering project remains limitless for the syntax aware, the vision for an application is undoubtedly formed in the imagination, preferably before approaching the programming environment. When writing the conclusion to the Optimist A I booklet, the expectation wasn't of making substantial improvements, however for a short time it was expedient to apply additional code to the Optimist app including the conspicuous comments. The details also included percentiles for each and every adjective data item which indicate a numeric value relating to the level of happiness associated with the primary key. Occasionally the Primary key

and secondary key are different so that the percentile would be a value relating to the combined adjectives. Hence using this structured approach, the objectives of the specimen data and response are set in advance and fulfil a meaningful purpose. It is clear that the current enhancements are quite transparent and often reflect insightful accuracy. For example if you feel happy one day and sad the next day, recording the sessions into the log can have cumulative results in terms of the happiness meter readings. As the principle benefits the user is free to associate their own context with the way they are feeling, and they are also free to choose the context of the response. In the final analysis we find that sound mental activity can be expressed and applied to the sessions at the user's discretion. Using the percentile together with the log, an average percentile can be arrived at which could indicate the current happiness of the user. Moreover, this data is not used on the user specimen data only. The happiness ratings are calculated with the A I itself taking into account both its own data and the user data. Of course, all this is performed using the 'mydata.txt' log. The decisions to record into the log, and the freedom of association and context are all safety features. If this were a game, the aim would be to be as optimistic as possible, and when you combine your own optimistic phrases relating to how you feel, together with an optimistic response, recording that session into the log is the best way to ensure a high score. However, it's not a game. It is up to the user to identify their own optimistic styles and to document them in their own good time.

Additionally, although being dubious about whether it makes a real difference the data with different primary and secondary keys can also incorporate a free association where an optimistic viewpoint is more likely. For example one of the preset data items includes the primary key word 'stressed' in addition to the secondary key which is, 'merited'. The philosophy here is that if you are feeling stressed, you could more likely be taking for granted a recent achievement which is represented in terms of merit. By relating those words in the database together with the happiness rating percentile, the default flavour of the resulting dialogue is more heavily weighted towards optimistic viewpoints. This takes us many steps further than simply user friendly, however for the best results perhaps the best philosophy is to think of reading all the literature about Optimist in the same way as a deposit might function on an item you're thinking of buying. After all it might take a few hours to accumulate and compile a good source of information, and also a few more hours to get through it all.

Before the culmination of these additional findings, I wanted to talk a little about probability and its relation to the Optimist A I. It could be true that as a mathematical concept, probability doesn't exactly spring to mind in an academic sense as much as other aspects and mathematical terminology.

You just might agree though, that in today's world of technological progress, there really is huge scope to actually apply all those learned concepts into feasible use. Just like programming the moving hands of a clock for the VDU may require certain knowledge in preparation, so there are other facets of mathematical concepts that can be used for certain well fitted scenarios. For example, if we know in advance that a balance of 75% optimism is a good foundation for reliable feedback, then those sums can be incorporated into our application. Additionally, given the spontaneous nature of friendships and communication in general, it could still be appropriate to use a predefined probability in this way. And since we have our safety procedures, any response the Optimist A I gives can be considered merely as a proto-truth until such time as the user decides to save the session or not. In fact, the idea of the proto-truth can be used for every conclusive Optimist session. It is simply an element of temporary relevance, irrespective of the decision to record into the user log, and perhaps given these details, the main focus could be on the frequency between each session which would imply the user is promoted with some understanding of Artificial Intelligence methods.

The first thing to note regarding Optimist is that it is not a gambling system of any kind. The only investment required is a modest initial outlay. Subsequent to that, all the interactions are performed using for the most part, the English word. If Optimist were a game, a winning hand would serve up a relatively optimistic and appropriate descriptive adjective in combination with the user's own optimistic specimen data. This combination, which in total would detail at least two descriptive adjectives measured in terms of the happiness ratings percentile, and if the percentile is above 50%, or more accurately 50.033% (to include being within the happiest safety region of diagram 1a). This is only in terms of the happiness rating. With the more meaningful data, the goal would be to identify and use other less common adjectives in reference to general well being. In essence the Optimist app is excellent at serving up adjectives. When the appropriate word comes up and is digested by the user, it can be used with anyone including :

- A doctor

- A psychiatrist

- Cognitive Behavioural Therapist

- Mental Health Professionals

- Nursing staff and other carers

In my experience good mental health requires insights, such as a password that can give you immediate benefits. If the word is precise, descriptive and appropriate, as well as being the correct proto-truth for the moment, the subject can then unite duality, make sense of co-incidences, reduce impairment, and generally feel one step closer to any particular personal goal. It makes sense that such a password is different for each and every Optimist user particularly in light of varying social status, career goals, hidden talents, and other challenges of the day.

We have identified how a winning hand can help, however what of the losing hand ? The Optimist A I can often detect any negativity the user might be experiencing, however there are several reasons why in technical terms, even a direct challenge would not constitute a losing hand. Remember we talked about the 75% user friendliness. Imagine, even this A I could be wrong once every four uses. It is obviously a useful function to come to the right conclusions sometimes without even being told. Sometimes with language you can rely on a quick decision and its okay. Other times you may need to think about the implications of specific reasoning and reflect deeply about your own merits. There is no obligation to record sessions into the log. It is in the user's prerogative to use the session recording procedures that are available. Clearly technology can be used, moreover perhaps each and every one of us could aim to use the technology, and to use it well.

Once the concept of the Optimist session becomes part of the itinerary of the user, this process has various side effects that are beneficial. We have learnt that the response and comment can be challenging or even edifying, moreover how is it to be interpreted ? As a mental health review exercise the aim is to provoke the quickest reaction or the most natural thought process in an effort to cease the moment. Whatever is on the mind of the user, whether they are happy, sad, preoccupied or dissatisfied with anything, the session can help invoke the natural feeling of the moment. Once the natural feeling of the moment is experienced for what it is, particularly if it is a negative emotion or a less desirable physical state, then the way forward can become more clear and a realistic focus can be achieved. This discreet prompt for self evaluation could be the most significant aspect of the Optimist A I app and sometimes its easy to forget the obtained A I response, however with concentration, over time an optimistic view can manifest itself in a most appropriate way.

We'll conclude with some implicit recommendations given the technological trends affecting many of us these days. Firstly though, perhaps it should be noted that using the happiness ratings , the updates occur directly after recording into the log. Also if we consider these updates in their entirety, we can say that those ratings are reflective of the immediate challenges facing the user.

If the user is not particularly challenged, they can confirm their own happiness, or seek to expand their own style and maybe learn a new adjective.

As noted, there are some other areas where this Optimist A I could be expanded into, given the current trends of computer science. Of particular note is the TTS (text to speech) and complimentary speech to text functionality that could be included in some tangible and feasible form. If the code can be tangibly identified and incorporated into the Optimist installation folder, there may be scope for the app to become a more sublime experience for all users. Another point of view however, is that a more sublime user experience while doing these mental health exercises could detract from the authenticity of the written word. With or without those particular enhancements, the code, theory and practice remain a potential staple of the English language for use in certain specialised scenarios.

The Optimist software application is at home on Windows desktop or laptop machines.

To download and use the Optimist A I, the download is hosted at URL :

http://www.modernsemantic.com

You can also find other information resources on the subject, or you can conduct your own A I research once you have installed the app on your own Windows machine and come to your own conclusions. If you do install the app, we recommend using it at least once each day during the trial period or to execute the app code several times to determine its efficacy. The app is intended for real world scenarios and may have context sensitive use in certain specialised scenarios.