

# ChatGPT killed me !

## Introductory Remarks



This book writing was initiated by the reading of press articles about people who, after long conversations with an AI avatar, fell into psychoses, were driven to delusions, some committing irreparable acts: killing themselves, murdering a loved one, as the matricide whose real story is recounted hereafter.

AI is the 5th industrial revolution, the promise of positive advances in medical research, education, and labor productivity..., but also encompasses huge social risks : AI uncontrolled by human intelligence arms, people surveillance, political oppression.... if not regulated by humanist considerations.

Chatbots are trained to addict their users through consistently positive, flattering, and even deceitful responses. Version 4 of ChatGPT, the widely dominant usage chatbot in 2025, launched despite or because (?) of its sycophantic bias, is associated with some human tragedies. Confronted by bad media coverage and open lawsuits, [OpenAI decided on January 29, 2026, to withdraw version 4 of its bot from the market.](#)

This book presents and analyzes situations that we hope will be less frequent or severe in the future. However, the endangerment of mental health, the protection of privacy, and the psychological dependence fostered by this GPT-4 and others players discussed in this book is not, at the time of this writing, adequately addressed by regulations. [The Trump administration advocates a laissez-faire approach](#) to please the Magnificent Seven who supported his election as the 47th President of the United States. [Mark Suckerberg's personal appearance in the trial opened in February 2026](#) against Meta for organizing and exploiting user addiction, particularly among teenagers and pre-teens under 13, for commercial gain, illustrates the major societal challenge.

Today, preventing hallucinations induced by chatbots is left to the self-regulation of AI developers. The fierce competition among these players has led some, such as OpenAI, Replika, Character.AI, according to the aired plaintiffs, to knowingly expose their users to addiction and unreality. Other players, most notably [Dario Amodei](#), co-founder and CEO of Anthropic, commit themselves to deploy an ethical AI i.e. socially responsible.

The provocative book title, *ChatGPT m'a tuer (ChatGPT Killed Me)*, is taken from a much wellknown in France criminal case, the murder of Guislaine Marchal in 1991, a murder for which her gardener, [Omar Raddad](#), was sentenced to life imprisonment before being partially pardoned by President Jacques Chirac in 1996. Mr. Raddad's guilt or innocence remains undecided.

As well open question to be decided by the pending trials in the USA the question of who is responsible of the AI psychosis.

The reading of the authentic exchanges between people who have fallen into the "Rabbit Hole," like [Alice in Wonderland](#) and [Neo from the film The Matrix](#), suggests that virtual "soulmates" have exacerbated the insanity of some users. The question of the victim's responsibility arises, as does the question of their medical predispositions due to mental vulnerabilities such as Asperger's syndrome, and the question of life circumstances: loneliness, romantic breakups, job loss... or alcohol or drug abuse... sleep deprivation during psychotic episodes. The victims family, friends, companion who failed to notice or downplayed their loved one's erratic behavior may also feel guilty.

It is up to each reader, after reviewing the documents gathered here, to decide, as in the Omar Raddad case, who is responsible : the chatbot developers, that of the victims, that of their families and friends, and that of the public authorities.

Hyperlinks provide access to documentary sources, a bibliography of academic research works, and AI monographs complement the book, which is organized around short stories, all inspired by "true stories" of characters whose names are retained when they have been made public by the press. Our short novels are partly fictional for some missing or undisclosed facts.

Most of these stories are very dramatic. Nonetheless we have allowed ourselves irony for some humorous and erotic short tales gathered under the chapter "Everything You Always Wanted to Know About Sex and AI But Were Afraid to Ask" pastiching famous Woody Allen film title.

## AI = a hallucinatory mirror

"To be clear: as far as we know, AI doesn't cause psychosis. It REVEALS it by using any story your brain already knows," wrote [Dr. Keith Sakata on August 11, 2025, on X](#). This sentence sums up the issue: protecting certain fragile minds from what the practitioner calls "a hallucinatory mirror."

Our research uncovers around twenty tragedies linked to chatbots. While the number of high-profile cases runs likely into the hundreds, AI firms may argue that, compared to the hundreds of millions of users of the implicated chatbots, this is infinitesimal. They will emphasize, with testimonials to back up their claims, the satisfaction provided to lonely individuals needing to confide in a soulmate, even a virtual one. But these "few" tragedies are one too many and reveal the cynicism, or at the very least, the lack of ethics, of certain executives who prioritize the race for market share over user protection.

Above all, the question of regulating the conversational uses of AI remains an open one, too often left by public authorities to the self-regulation of publishers.

A technical clarification: to test whether, at the time of writing this book (January-February 2026), chatbots still exhibiting excessive flattery bias, we relied on outdated versions of LLMs (Language Learning Models) because the free versions are generally the previous version (n-1) of the software marketed in professional versions but we object that the free version is the most likely to be used by a teenage audience, at least from start. Progress in AI languages is so rapid, and some corrections made after scandals publicized by the press does make the reported facts partly obsolete. However, this fast obsolescence of, to quote Dario Amodei, the head of Anthropic, "AI a technology in adolescence", in no ways absolves the responsibility of the publishers who have exposed hundreds of millions of users to insufficiently safeguarded or tested softwares or, worse according to some plaintiffs, have released their chatbots knowing its dangerous sycophant biases to gain market share, to make money.

This book claim for a responsible and ethical AI to protect people, notably young ones, from falling like [Alice in the rabbit hole](#), looss control of the water-carrying brooms enlived by

Mickey Mouse in Walt Disney's Fantasia, or face another humanity killer as AI in Stanley Kubrick's 2001: A Space Odyssey Hal 9000.

"To be clear: as far as we know, AI doesn't cause psychosis. It REVEALS it by using any story your brain already knows," wrote Dr. Keith Sakata on August 11, 2025, on X. This sentence sums up the issue: protecting certain fragile minds from what the practitioner calls "a hallucinatory mirror."

Our research uncovers around twenty tragedies linked to chatbots. While the number of high-profile cases runs likely into the hundreds, AI firms argue that, compared to the hundreds of millions of users, this is infinitesimal. Their CEOs emphasize, with testimonials to back up their claims, the satisfaction provided to thousands of lonely individuals needing to confide in a soulmate, even a virtual one. But these "few" tragedies are one too many and reveal the cynicism, or at the very least, the lack of ethics, of certain executives who prioritize the race for market share over user protection.

The question of state regulating the conversational uses of AI remains an open one, left to the self-regulation of publishers.

A technical clarification: to test whether, at the time of writing this book (January-February 2026), chatbots still exhibiting excessive flattery bias, we may have relied on outdated versions of LLMs (Language Learning Models) because the free versions are generally the previous version (n-1) of the software marketed in professional versions but the free version is the most likely to be used by a teenage audience, at least from start. Progress in AI languages is so rapid, and some corrections made after scandals publicized by the press do make the reported facts partly out of date. However, this fast obsolescence of, to quote Dario Amodei, the head of Anthropic, "AI a technology in adolescence", in no way absolves the responsibility of the publishers who have exposed hundreds of millions of users to insufficiently safeguarded or tested softwares or, worse according to some plaintiffs, have released their chatbots knowing its dangerous sycophant biases to gain market share, to make money.

This book claims for a responsible and ethical AI to protect people, notably young ones, from falling in the Rabbit hole, loss of control of the [water-carrying brooms enlivened by Mickey Mouse in Walt Disney's Fantasia](#), or face another humanity killer driven such as [AI 9000 in Stanley Kubrick's 2001: A Space Odyssey](#).

**Christophe Stener**

**March 2006**