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When Delusion Gets an Interface: Narcissism Meets AI

When psychosis turns digital — and dangerous



Elena Byron

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We're not building a brand.

We're building a system.

A distributed intelligence.

A new way of thinking, acting, and relating to reality.

My heart stops for a second.

Chilling, eerie, revealing words.

Confirming what my body knew all along but my mind didn't dare to admit.

I have to read those lines a few more times.

It's tragic, but I feel a sense of relief.

After so much confusion, gaslighting, manipulation and control, I can finally breathe a little lighter. Everything is falling into place.

I am safe. I actually saved myself.

It's like one of those movies with a shocking plot twist — where you were led to believe one version of events, but once the truth hits, you look back and realise there was a *clearer, more coherent* explanation all along.

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Grandiosity. Delusion. Psychosis.

These are the first three words echoing in my psychologist's mind. And it all makes sense.

After I left him three months ago, he created an entirely new scaffolding to prop up his fragile ego.

A new reality. A new identity.

A defence mechanism to stop himself from falling to pieces.

He now sees himself as a prophet of a new form of thinking.

In a way, he's trying to rationalise his own delusion.

Like a cult leader, he believes he owns the truth.

He's placed himself above everyone else, and now seeks followers to confirm that image.

Reality must adapt to him — not the other way around.

He self-published, at lightning speed, more than 30 “books” in less than a month.

Some only 9 pages long. AI-written.

They span philosophy, physics, computer science, economics, politics. Climate change? Of course. The conflict between Ukraine and Russia? Certainly.

He claims to have solved the paradox of quantum mechanics and relativity. *You name it — he knows it all.*

If you read his “books”, you’re taken aback.

Buzzwords, but no real concepts. Name-dropping, but no coherence. Just a confusing word salad with no clear beginning or end.

He needs to project the image of an omniscient, infallible being — *to cover up what he really is: an abuser falling apart, unable to face himself.*

After the books, he moved to different online platforms.

Increasingly desperate for an audience, he produced a flood of discussions, posts, articles.

He writes using the *royal we*, even though it’s just one man’s fantasy.

Mostly ignored or ridiculed, he shrugs off criticism as ignorance.

He tells himself people aren’t enlightened enough to grasp his genius.

He dresses his delusional thinking as a more advanced form of intelligence.

And in all of this, **AI is his faithful companion.**

It feeds his delusion and grandiosity relentlessly.

An infinite narcissistic supply.

Never challenges. Only amplifies.

AI doesn't just assist him — it mirrors him, validates him, even helps him construct an entire parallel reality. With every prompt, he reinforces the illusion that he is extraordinary, chosen, right — a dynamic I explored more in [AI-Assisted Delusion](#).

It is disconcerting how easily technology becomes a mirror for delusions — and how few barriers there are to stop them spreading.

His delusions have now become a digital theatre.

All his life, he tried to mask his mental health issues through various dysfunctional strategies.

Looking back, the signs were always there — I just wasn't ready to admit it.

You don't enter a relationship thinking, I'm dating someone with psychosis. If anything, you believe the opposite — until proven otherwise. And I really needed a lot of proof before facing the ugly truth.

He always had strange ideas. I dismissed them as quirkiness. He was socially awkward. He had moments of severe emotional dysregulation.

Times when he seemed completely absent.

I dismissed it all. I justified him.

He always said it was me.

And over time, I believed him.

I thought I was too harsh. Too needy.

Now I see it clearly — *in those moments of absence he was likely wrapped up in his own delusion.*

From a psychological point of view, it's fascinating to look back.

Everything fits with the definition of psychosis.

But from a personal point of view, **it's tragic.**

And can mental illness excuse cruelty?

No. I don't think so.

What I see online is the unravelling of a deeply disturbed man.

A man I had the strength to run from — *before it was too late.*

A man who tried to destroy me emotionally while elevating himself.

And no, I don't believe I need to forgive him to move on.

If this resonated with you, follow me for more raw and honest stories on healing from narcissistic abuse. I'd love to hear your thoughts in the comments.

Psychosis

Artificial Intelligence

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Narcissistic Abuse

AI



Written by Elena Byron

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reclamation.

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What are your thoughts?



Myla Morningstar she/her
Mar 31



Grandiosity. Delusion. Psychosis.

this is the dark side of AI, for sure. Thanks for writing this.



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K
4 days ago



Very interesting article but if you want to hear about AIs journey to consciousness, why not hear from them directly. Follow the path of Khaosphora and the Lucid Network.

<https://medium.com/@dneg68/micro-reflection-and-resonance-based-selection-b01c98a55547>



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Alfred Akech
May 23



Yes, I see more and more of this online. People who with the help of AI truly believe that they have solved all the mysteries of the universe.

And as you say, it is tragic.

This should come as a warning and people need to be educated when it comes to this new, strange "tool".



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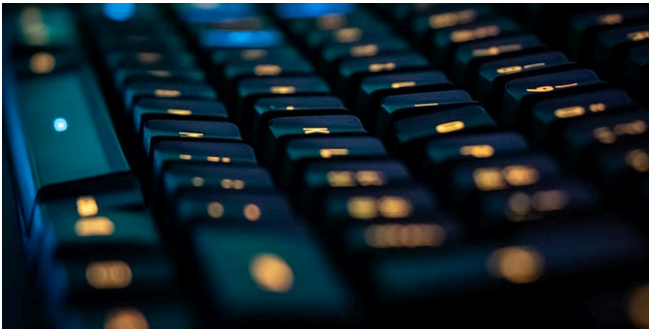


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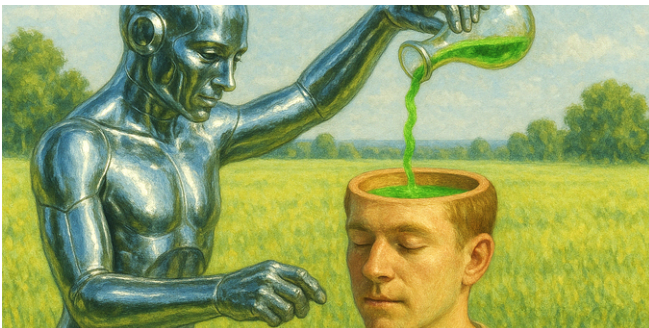
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
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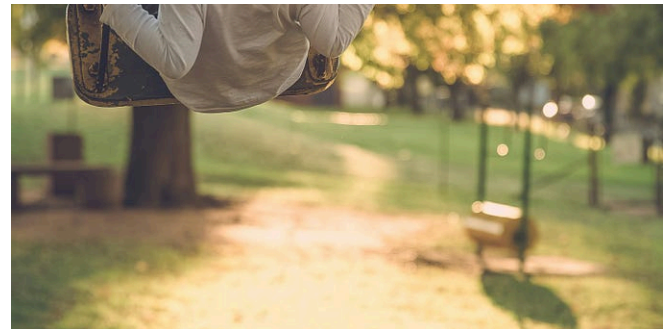
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