



How AI Is Used in This Group (and Why)

This group exists to support people who feel a creative pull but often struggle to move from ideas to finished work. Some people use AI as part of that process. Some don't. Both are welcome.

1. WHAT WE MEAN BY "USING AI"

When we talk about AI in this group, we are not talking about machines writing stories, poems, or essays for people. We are talking about something much simpler:

Using AI the way you might use a notebook, a whiteboard, or a very patient conversation partner — to think things through.

Most of the time, AI is used *before* writing begins, not instead of writing.

2. WAYS PEOPLE COMMONLY USE AI HERE

A. To Talk Through an Idea That Isn't Ready Yet

Many people arrive with a feeling, a fragment, or a vague sense of "something there." AI can help by asking clarifying questions and reflecting back what seems to be emerging. **The value is in the thinking, not the text.**

B. To Organize Messy Thoughts

Some people think in piles rather than lines. AI can help by grouping related thoughts or suggesting a possible order, turning chaos into something workable.

C. To Get Past the Fear of Starting

AI can generate a rough outline or a clearly imperfect starting point to remove the pressure of the blank page. The goal is not to keep the AI's words — the goal is to get the person moving.

3. WHAT THIS GROUP DOES NOT EMPHASIZE

There are many ways people use AI in the world. However, because this is a practice room and not a production line, we do not focus on:

- Generating finished writing with AI
- Prompt engineering tricks or optimization
- Speed, productivity, or commercial workflows
- Style imitation

4. A NOTE ABOUT PERSONAL CHOICE

People come to this group with different comfort levels, values, and experiences. You do not have to use AI. You do not have to talk about whether you use AI. You do not have to agree with anyone else's approach.

What matters is that the work feels genuinely yours, and that you are engaging honestly with your process.

5. WHO THESE PRACTICES TEND TO HELP MOST

These approaches are especially helpful for people who:

- Don't think of themselves as "creative" (yet)
- Have never finished a project they feel proud of
- Have many unfinished ideas
- Feel blocked by perfectionism or self-doubt

The goal is not to make anyone better at AI.
The goal is to help people trust their own thinking enough to continue.