**Power of Conversations**

Have you ever talked to yourself like you would with a close friend, mentor, or coach?

It might sound a bit unusual, but this simple practice can help us better understand our own minds.

In our modern world, technology has a unique role. As we explore self-conversations, we discover new ways to reflect and exchange thoughts.

Take for example ChatGPT, an AI language model created by OpenAI. Engaging with ChatGPT adds a new dimension to self-dialogue. Having a conversation with ChatGPT mimics our natural language process. That is one reason why they call LLMs (Large Language Models). Our brain works in constant reiteration, revising, adding context, giving feedback, and keeping a history of that conversation.

ChatGPT tries to keep a conversation like how we do. That is why we are both emotionally and logically immersed. It serves as a thought-provoking partner, encouraging us to explore our thoughts, emotions, and decisions even further.

In learning design, consider ChatGPT as mimicking a human. Therefore, it’s important for design learning experiences to have the elements of reiteration, continuation, free flow, sequence learning, focus on context, reasoning, resolving something, or filling a gap.

The 15 ChatGPT Learning Models are based on these design principles. Through these meaningful conversations, whether they occur within us or with AI companions like ChatGPT, we embark on a journey of self-discovery. We uncover the hidden origins of our remarkable cognitive abilities.