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MEET ORBIT

FOR TEENS



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**METEORAIT  
FOR TEENS**

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## **BOOT MENU: SELECT DIFFICULTY**

**INTRO:** Pilot or Passenger? (For Young People, Parents, Teachers)

**#1. ENVIRONMENT:** You are not defective; you are just in an environment you were not designed for. (The Glitch)

**#2. REDISTRIBUTION:** Intelligence moves. When you are "Pro" and when you are just "Boosted".

**#3. FRICTION:** Why effortless comfort puts your brain on standby.

**#4. ILLUSION (FCPT):** Why do you think you know, when in fact you are just a spectator.

**#5. THE GAP (71x):** The raw math that decides who leads and who executes.

**#6. AUTONOMY:** How to deal with discomfort and how to decide without assistance.

**#7. REVERSE ENGINEERING:** Creation. Why originality comes from imperfection, not prompts.

**#8. TRAINING:** Mental health. How to become stronger when things are tough (Anti-Fragile).

**#9. MIRROR:** Who remains standing after the screen goes out.

**#N. GROUP:** The collective bubble. How not to be the only pilot at the airport.

**#G. GENERATION:** "Resistance". Why denying reality is not an effective self-defense strategy.

**LOG OUT:** My message to today's youth.

**TOOLKIT:** Wall Map (God Tier Mode).

**BONUS:** Hacking the Black Box (How the AI works).

## For Teens: "Do you want to be a Pilot or a Passenger?"

*Let's both be clear from the start: this is not a **fun book**. It's a guide to a future that's coming too fast and that will have a huge impact on everyone, on all of us. If you want fun, open TikTok or Instagram. This book is not easy. But neither **will the future be**. The decision is yours alone. If you want to stay relevant when AI does 90% of jobs, read it.*

The world you have just entered is unlike anything your parents experienced. AI is not "another app", it is a "meteorite" that has **already hit**. You are told that AI will make you "superhuman", but the truth is harsher: if you use it just to get rid of effort, it will make you **irrelevant**.

This book doesn't ban AI from you. On the contrary, it teaches you how to use it as a **cognitive exoskeleton**. The difference between an **NPC** (who copy-pastes and whose brain becomes like "gelatin") and a **God Tier** (who leads the process and becomes dozens of times more powerful) lies in your decisions today. Read it to understand how to keep the "admin keys" of your own mind. Learn to always look for **friction**, because it is the only one that transforms you from a commodity delivered by algorithms into the architect of your future.

The book is not about being the smartest. AI can do anything, but it can't be **YOU**. And in the future, that will be the only value that matters: the authenticity of **your** thought process. Not the perfectionism of the result.

## For parents: "The only legacy that matters"

I am Adi Stan. In 1997 I got my engineering degree with a thesis in the field of AI. Now I am a father of children who are already students. I wrote the book because I saw with them and their friends what happens when AI becomes **comfort**. I am not telling you to ban AI. I ask you to understand that the effort does not disappear, but *it moves*. I have analyzed mathematically and logically a lot of data, which then converged in the "Cognitive Divergence Theory". Change is real, and it is not an "optional" one. Just like a meteorite. It just comes.

We are living in a moment of radical mutation. In the era of METEORAIT, good grades obtained through digital assistance are a dangerous illusion (FCPT). Your child is in a competition of strategy, not IQ. If they outsource their thinking to AI for convenience, they risk cognitive decline, right now, in their formative years.

This book is about **Cognitive Sovereignty**. It is not about rejecting technology, but about injecting the "useful friction" necessary for the biological development of the brain. Offer them this Guide to help them stay "awake" in a world that wants them predictable and docile. A young man who knows how to sit for **5 minutes** in the discomfort of a problem without picking up the phone is a young man who will lead the world of tomorrow. It is the only intellectual life **insurance you can give him**.

### **For teachers: "Beyond the illusion of competence"**

You are witnessing a "**Synchronization Error**". ChatGPT can theoretically generate between 3,500 and 4,500 words/minute, and **GPT-5 mini** is even faster, capable of exceeding **6,000 words per minute**, being optimized for instantaneous speed. **A human? 10-15 words per minute, handwritten**, or an average of 30-40 words per minute, using a computer keyboard.

Students run *software* hundreds of times faster on biological *hardware* that needs time, pauses, and errors to learn. AI has broken the classic assessment system, creating the "Illusion of Competence": students who appear smart "on screen" but remain "blank" when faced with an unexpected question.

METEORAIT FOR TEENS offers you a new language and practical protocols (such as *Controlled Latency* or *Rotational Veto*) to navigate this chasm. Your role is transformed: from a source of information, to become **the Guarantor of Cognitive Friction**. This book will help you understand why students are tired of a "mental void" and how you can guide them towards the L3 (Architect) level, preventing them from becoming mere biological interfaces for external AI.

## #1: THE ENVIRONMENT

*You're not "broken", you're just in an environment that's not made for your brain.*

### 1. The Glitch

There comes a moment when you realize something uncomfortable. The world around you seem to have a "Turbo" button that you can't find.

Information comes too quickly, answers appear before you finish asking the question, and you constantly feel one step behind.

The biggest lie is to think the problem is you. No. You're not defective. You're just in a different race.

### 2. Deja Vu

You are at school or taking an online course.

The teacher asks a question about a topic that you "solved" last night using the AI.

You read that generated answer, you copy-pasted it, you even gave it a little "rephrase" to make it sound like something you would say.

In your head, last night, everything was clear. You were "smart".

Now, in front of the class, it's quiet.

The teacher looks at you and waits.

You stare into space and feel your stomach tighten.

You know you read the text. You know it was logical. But the ideas don't come. You don't have "the words with you".

You feel a cold shame creeping up your spine.

At that moment, you feel the emptiness. You realize that, in fact, **you never knew** what it was about.

### 3. Logic

What actually happened was a system error.

Your brain has evolved for thousands of years to do one thing: survive by **conserving energy**.

If it sees a shortcut, it uses it. Automatically.

This is where the real problem comes in.

AI operates at processing speeds that your biology cannot reach.

When the AI gives you the answer instantly, it skips the mental "sweating" stage.

You receive the destination, but without traveling the route.  
Because you didn't put in the effort to build the idea, your neurons didn't really "fire".

You didn't learn, you just viewed a demonstration.

This is called a **Sync Error**.

You're trying to run software that goes 500 km/h on hardware (your brain) that needs time, pauses, and errors to work.

#### 4. Reset

You are no weaker or dumber than your parents at this age.

Feeling tired and "blank" is an alarm signal from your system.

You're like a cyclist trying to keep up with a speeding train. Falling behind doesn't mean you can't pedal. It just means you're forcing a *biological engine* into a race that's not its own.

It's a technical reality of our species in the AI era.

Some say the future may look like a 2006 sci-fi comedy, *Idiocracy* - a world where people become mentally passive when given too much comfort. But it's not about IQ. It's about **choosing to pedal** even when there's a scooter or electric scooter.

The difference? **Choice**.

You can make your choice now.

And with these choices, maybe in the future *Idiocracy* will remain just a comedy, not a potential documentary.

#### 5. Your test

Think about the last hour you were connected to an AI or your social media feed.

1. **Speed:** Do you feel like you need to check your phone or chat every 5-10 minutes to feel like you're "keeping up"? (YES / NO)
2. **Ownership:** If the internet goes down tomorrow, can you explain the topic you are working on for 2 minutes, without long breaks? (YES / NO)
3. **Effort:** When you encounter a difficult problem, is your first instinct to try it yourself for at least a minute or to open an application directly? (ALONE / APPLICATION)

If you answered "YES", "NO" and "APPLICATION", the environment has already defeated you in the first round.

## 6. Protocol

To regain control, you need a simple cognitive tool: **Controlled Latency**.

The rule is: **Never accept an answer** from AI without counting to **30**.

- After the AI finishes writing, don't read it immediately.
- Close your eyes or look out the window for 30 seconds.
- Try to formulate, in your mind, what you think should be written there.
- Only then read and compare.

The 30 seconds are the space in which your hardware (brain) has time to "warm up" before external software takes control.

And one more thing - DEFEATING THE BOSS (screen):

- 1 hour per day of "**Digital Sunset**" (no screens, 10-11 p.m.)
- 1 hour a week of "**Analog Hour**" - just you, your pencil, and a problem, idea, dream, whatever. Write it down on a blank sheet of paper.

Finally, read everything. What is written there - it is done by you. It is **you**.

## 7. Checkpoint

What you just discovered changes everything.

You are not a victim; you are a user who must learn to calibrate your machine.

If you understand that your time is different from the machine's time, you have taken **the first step** towards sovereignty.

But the question remains: where does all the energy that AI "saved" for you when doing your homework go?

In the next chapter, we'll see why intelligence never disappears, it just redistributes itself - and why **you might be the loser** in this exchange.

## #2: REDISTRIBUTION

### *Intelligence is Moving: Are You "Pro" or Just "Boosted"?*

#### 1. The Glitch

**The biggest lie** you tell yourself every day is: "I saved time using AI". Time is never saved; time just turns into something else.

If the AI did the hard work for you, the effort required for that job moved from **you** to **their servers**.

**AI T** era, you're either the one who increases your power or the one who thins your brain for an extra scroll on TikTok.

#### 2. Deja Vu

Imagine you have a complex project to do that would normally take you two hours of mental "sweating".

You open the AI, give it a good prompt, and in 5 minutes, you're all set.

You feel a wave of relief. You feel like a genius who beat the system. You now have 1 hour and 55 minutes of "free time". What do you do with them?

If you're like most people, you open your phone and consume them in infinite scrolling, 15-second clips, and memes.

At the end of the day, you feel more tired than if you had really worked on the project.

Even though you "solved" the task, you feel like you're left with nothing.

You're like a "boosted" player who has a high rank, but who loses every match if you turn off their cheat.

#### 3. Logic

In the main paper METEORAIT, I explain this phenomenon through the Axiom of Redistribution.

Mental effort is like energy: it doesn't disappear, it transforms.

When a technology takes over a task, your effort is automatically shifted.

There are only two directions in which this energy can move:

- The first is for deeper thinking. You use AI as a rocket that takes you to a level you couldn't reach on your own.

- The second is for passive consumption. Let the AI do the thinking, and you "fry" your attention on cheap entertainment. The world wants you in the second option, because a man who stops making an effort is an easy man to control. If you don't use the released energy to build something bigger, the "system" will use it to make you addicted.

#### 4. Reset

This is where the three levels of survival come into play: **L1, L2, and L3.**

In the academic version of this theory, the terms used are Passenger, Operator, and Architect.

For you, the stakes are simpler: you are **an NPC (L1), Grinder (L2), or God Tier (L3).**

**The NPC (L1)** is the one who follows a script, instructions. He uses the AI to escape the effort. The result? His brain becomes "soft" and his identity becomes a copy of the algorithm.

**Grinder (L2)** is the one who works the system. He knows the buttons, he's efficient, but he's totally **dependent** on them.

**The God Tier (L3)** is the one who uses the AI as an exocortex. He gives the direction, he maintains control, and he is the one who drives the process.

You're not a cheater because you're using AI. You're just at a point where **you have to you decide** what level you want to play.

#### 5. Your test

Look at the last week and analyze where your "saved" energy went:

1. **Ranking:** Do you feel more capable of solving a problem on your own now than a year ago? (YES / NO)
2. **Redistribution:** In the time gained through AI, did you learn something new or scroll? (LEARNED / SCROLL)
3. **Your level:** Where would you place yourself now, honestly, on the L1, L2, L3 scale?

If you're at L1 or L2, don't panic. **The difference** between an NPC and a God Tier is just a series of daily **decisions.**

## 6. Protocol

Your tool for this level is **the Rule of Energy Exchange**.

Every time you delegate a task to AI, you impose a fee on yourself:

- **Rule 1:3:** If the AI worked for, say, 15 minutes for you, you should use 5 minutes of the time gained to check its logic or to read something "difficult" in that field.
- Don't let the "saved" time drain into passive consumption.
- Recover at least a third of the effort you delegated and reinvest it in your own brain, *in real learning - more flexible, less intimidating, and adaptable to context*

This is how you force yourself to climb towards L3, instead of sliding towards L1.

And one more thing: infinite scrolling is like AI Latency.

AI gives you an answer in 2 seconds. TikTok, Instagram or I don't know what other similar app gives you dopamine in 0.5 seconds.

It's the same mechanic. **The 1:3 rule** remains valid: for 3 minutes of scrolling, 1 minute of real conversation. With whomever you want, when you want. You "keep" the score.

## 7. Checkpoint

The difference between a God Tier (L3) and an NPC (L1) is not what apps they have on their phone, but what they do with their neurons while the apps are working.

If you always choose the easy way, your brain will adapt to comfort, not power.

But what happens if you choose comfort for too long?

Something is happening that is already visible in reality, but no one has the courage or knows how to tell you.

In the next chapter, we talk about how lack of effort turns your mind into a mass of willful "gelatin".

### #3: FRICTION

#### *Why effortless comfort puts your brain on "standby mode"*

##### 1. The Glitch

**Comfort is the biggest enemy** of your identity.

If the road you're walking on is perfectly smooth, it means you didn't build it, but you're being carried on a conveyor belt to a destination that doesn't belong to you.

If you take the stairs, even if you have an elevator, you build leg muscles. But if you always use the elevator or escalator...

Your brain wasn't designed to be happy or relaxed, it was designed **to adapt** to difficulty. And to use as little energy as possible.

The moment you eliminate all trace of effort from your thought process, **you become not free**, but **irrelevant**.

##### 2. Deja Vu

You're faced with an assignment you don't like. Maybe it's a logic problem, an essay that doesn't have the "vibe" or code that gives an error at line 42.

You feel that physical tension behind your eyes - a slight irritation that makes you want to close your laptop or open another tab.

It's the moment when your mind says, "It's too hard, I don't feel like it right now".

Normally, the fight **should** begin now.

But you're just a click away from the magic button.

Open the AI. Copy-paste the statement. The solution appears in 2 seconds. Perfect. Clear. Easy.

The tension disappears instantly. You feel an immediate relaxation, as if you had drunk a glass of cold water after a run. You write the solution in your notebook.

The problem is that, along with the tension, your only chance to learn something that day **also disappeared**.

Now you have the solution, but your brain hasn't traveled the path to it - you haven't felt that "click" like when **you understand** something.

The next day, at the blackboard, a similar problem. The teacher: "Explain how you got here". Only then do you realize that, in fact, you

don't know. You copied the destination, but you didn't learn the way. At that moment, you feel empty.

You chose comfort over power and, without realizing it, you took another step from L3 to L1.

Some recent research has even shown that teenagers who use AI more than 3 hours/day for homework have **a decline in** standardized test scores even after 6 months.

**And no, it's not "too late":** your brain can change in 3-4 weeks of practice.

**You can change.**

### **3. Logic**

Your biology is programmed to be lazy to conserve energy.

Real learning is not a "Zen" process, it is a biological stress process.

When you struggle to understand something, your neurons create new connections through friction.

If this stress does not exist, the brain simply does not "press" the Save button.

AI is a tool to eliminate friction.

When you use it to skip the confusion stage, you stop neural adaptation.

Without realizing it, automating the thought process turns into chronic addiction.

An NPC (L1) is not someone who does not have access to information, but someone who can no longer process information without a digital "crutch".

Addiction doesn't feel like a disease, it feels like a continuous relief, until the day the machine stops and you realize that your mind has become incapable of supporting its own reasoning.

### **4. Reset**

This is not a character problem and it doesn't mean you are a lazy person.

It's a system effect: you are **the first generation** that has the technical possibility of **never thinking** again.

The world encourages you to be a passive consumer because a Grinder (L2) or an NPC (L1) is much more predictable and easier to monetize than a God Tier (L3).

Feeling the need to escape from exertion is a normal biological reaction, but in the METEORAIT era, this reaction is **a trap**.

Difficulty is not an obstacle that needs to be removed, but rather the "fuel" your hardware needs to keep **from atrophying**.

If it doesn't hurt a little, it means you're not growing. Like at the gym.

## 5. Your test

Analyze your cognitive "resilience" with these questions:

1. **Reaction time:** How long can you stand facing a problem that "doesn't work" before asking for help from the AI? (UNDER 1 MINUTE / OVER 5 MINUTES)
2. **Mental state:** Do you feel irritated or anxious when you don't get an instant response from an application? (YES / NO)
3. **Autonomy:** Can you complete a creative task (a drawing, a text, a game idea) without checking "what others are saying" online at every step? (YES / NO)

If you answered "UNDER 1 MINUTE" and "YES" to the rest, you are already in the risk zone.

## 6. Protocol

Your tool to combat atrophy is **the 5 Minute Wall**.

The rule is simple, but perhaps more difficult to adopt:

- When you get stuck on a task, it is forbidden to open the AI or search for the solution for 5 timed minutes.
- During these 5 minutes, you have to sit with the discomfort.
- Draw the problem diagram on paper, write down bad ideas, argue with the problem.
- Only after the 5 minutes of "pure friction" are you allowed to use the AI as a verification partner.

These **5 minutes** are your mental gym. It's the space where you force your brain to stay in "Upgrade" mode, preventing it from slipping into L1.

Warning! If you have diagnosed anxiety or ADHD, protocols are not like a *ban*. Remember, they are just a *target*. Start with 30 seconds, not 5 minutes. **The goal is not to suffer, but to regain control**. If you feel overwhelmed, ask for human help, not from an AI. If the AI is the only one you "talk" to about problems, hang up and call an emergency number. There is no shame. It is **a responsibility**.

## 7. Checkpoint

If you learn to love friction, you will have an advantage over everyone who is only looking for relief.

A God Tier (L3) knows that today's effort is the only guarantee for tomorrow's freedom.

Whoever cannot bear the discomfort of a question will always be a slave to the one who gives them the answer.

But beware: even when you think you're in control, the system has an even more subtle way of tricking you.

It makes you think you're smart, while it steals, piece by piece, the credit for your own ideas.

In the next chapter, we deconstruct perhaps the greatest trap of our era: **the Illusion of Competence (IOC)**.

## #4: ILLUSION

***FCPT: Why do you think you know, when in fact you only witnessed***

### 1. The Glitch

There is a fatal confusion in today's world: the idea that access to information is the same as possession of it.

Just because you have an answer on the screen, doesn't mean that answer also exists in your brain.

The most dangerous form of ignorance is not knowing something, but being convinced that you know, when in fact you are just a spectator to someone else's intelligence.

### 2. Deja Vu

You just finished a presentation or essay on a complicated topic.

The AI generated the text, you read it twice, changed a few words, and everything sounds flawless.

You feel competent. You feel "smart".

After the presentation, a colleague or friend stops you and asks you something trivial, outside the "script": "But wait, if we change this thing, why doesn't your logic work anymore?".

At that moment, you feel yourself freezing.

You look at it and realize that even though you've "written" ten pages about it, you can't explain the mechanism in three sentences of your own.

You feel a sudden emptiness in your mind.

You realize that last night you didn't learn the subject, you just gave "Accept" to a demonstration made by a machine.

It's the moment when the mask falls and you see that you're a "boosted" player who ran out of cheats in the middle of the match.

### 3. Logic

I called this phenomenon **FCPT (False Cognitive Power Transfer)**.

It is actually an **attribution error** induced by the speed of the AI.

Your brain works by a simple rule: if I control the tool, I control the outcome.

When you press the button and get a high-quality response, your biology "steals" credit for the machine's logical work.

You feel the satisfaction of solving a problem, but your neurons haven't traveled the path between the question and the answer.

You didn't "sweat" looking for the solution, so you didn't build any real competence.

FCPT makes you confuse the ease with which you achieved the result with your own ability to produce it.

It's the illusion of the apprentice who thinks he's a master carpenter just because he has a pneumatic hammer, and doesn't understand why the roof he's building is torn down at the **first storm**.

#### **4. Reset**

You are not an impostor, nor are you stupid.

You are simply the victim of a mind illusion, created by a technology that simulates the human thought process faster than you can.

The feeling of competence you feel after using the AI is a byproduct of the system, not an actual increase in your level (XP).

This means you need to understand the difference between being an **NPC (L1)** who just repeats what he sees on the screen and being a **God Tier (L3)** who uses the screen to see further.

An L3 knows that the AI's output is just a hypothesis that he must deconstruct.

An NPC believes that the AI's output is its own knowledge.

Recognizing this illusion is the only way you can stop the atrophy.

#### **5. Your test**

Test your FCPT level with these "no-safety-net" questions:

1. **Closed screen rule:** Can you explain the logic of the last response received from AI to someone who knows nothing about the subject, without looking at your phone? (YES / NO)
2. **Error identification:** In your last interaction with AI, did you find at least one nuance or mistake that you corrected yourself? (YES / NO)
3. **Reconstruction:** If the AI were to delete itself now, could you rebuild the logical path of your project from scratch? (YES / NO)

If you answered "NO" to most of them, you are in the midst of a false transfer of the power to "think".

## 6. Protocol

Your tool for breaking the illusion is **the Forced Deconstruction Protocol**.

The rule is: **Never use an AI response to complete a task.**

- When you receive a solution, immediately ask the AI: "Explain step 3 to me like I'm 10 years old" or "Why is this option better than alternative Y?".
- The goal is not to get another answer, but to force the AI to become a *teacher* who shows you the process, not an *assistant* who gives you the finished paper.

Force the machine to hand over control of the logic to you. If you don't understand the "Why", you don't own the "What".

## 7. Checkpoint

The illusion of competence is how most people will "fall asleep at the wheel" in the years to come.

They will think they are "superhuman" because they have an intelligent assistant, while their actual ability to decide will decrease to zero.

If you learn to break this illusion, you will notice something that others refuse to see.

A harsh separation of the world is being prepared.

A chasm that has nothing to do with money or where you were born, but with a number that will decide your future.

In the next chapter, we discuss together about **the Great Divide** and why, in a few years, some people will rule the world, and the rest will be just consumers of notifications.

## #5: THE GAP

### *The Great Separation: Why Some Become "Gods" and Others Remain "NPCs"*

#### 1. The Glitch

The world is lying to you by telling you that AI is the "great equalizer" that will give everyone the same chances.

In reality, AI is the most **brutal sieve** in the history of civilization.

It doesn't make everyone smarter; it just widens the distance between those who lead the process and those who are led by it.

If you're not careful, you'll wake up in a future where you won't be fighting robots for survival, but people who have managed to stay awake.

#### 2. Deja Vu

Look at your coworker or the guy next to you in the coffee shop.

Today, you both have the same phone, the same apps, and the same exam scores because you both use AI to "make" your lives easier.

It seems you are at the same rank level.

You both have the same project to do at school: a presentation about climate change.

Your colleague opens ChatGPT: "Give me the structure for the climate presentation". He gets the summary. Then asks: "Explain to me why sea levels are rising". Read the answer. Ask another question: "What if the temperature drops in 2030?" He notes on paper himself. Makes connections. Checks sources. Total: **2 hours** of work.

You open ChatGPT: "Write me a complete climate presentation, 10 slides". Copy-Paste. Easy rewording. **15 minutes**. Done. Scroll TikTok the rest of the evening.

The next day: you both receive praise from the teacher. You feel equal to your classmate. Even smarter – you finished in 15 minutes, he wasted 2 hours!

Next week, new project. He starts right away, knows what questions to ask, sees patterns. You open ChatGPT from scratch. You're still the

same as at the beginning. **The difference?** Still **invisible**. In 6 months, he'll be 10 steps ahead. In 2 years, you can't catch him.

And in a few more years, one of you will be called upon to lead teams and solve problems that no one has ever seen before, while the other will be stuck in a repetitive job, taking instructions from an algorithm.

**Which one do you think you will be?**

The difference will not come from money or luck, but from the fact that, while one copied and pasted to avoid effort, the other used AI to push its limits.

The abyss doesn't start spectacularly – it started with 2 hours of sweat that **you chose to avoid**.

### **3. Logic**

This phenomenon is called **Cognitive Divergence** and it works on the basis of "compound interest".

If you learn 1% more every day using AI as an accelerator, your evolution is explosive.

If you lose 1% of your capacity every day through total delegation, your atrophy is just as rapid.

We have mathematically demonstrated, in another book, that this process leads to a ratio of up to **71 times** (a value obtained through **simulations** on a group of 10,000 individuals). *In our simulations, an L3 solves in 1 minute what an L1 would do in tens of minutes.*

This means that a God Tier (L3) becomes **dozens of times** more capable, faster, and more influential than an NPC (L1).

And here's the alarm bell that no one wants to hear: this "**dozens of times**" is just the beginning.

As systems become more complex, the gap between who understands the code of reality and who just pushes buttons could reach **hundreds of times**.

No one knows for sure where it will stop, but we know for sure that once you've fallen into the abyss, you can't climb back up as easily.

#### 4. Reset

This is not a competition of native intelligence (IQ), but a competition of strategy.

Your adolescence is the critical window of several years when your brain is still "plastic" and shaping itself according to its environment.

If during these years you accustom your neurons to sitting in the back seat like an NPC (L1), you program them to stay there for life. You're in a race against time that most people don't even notice.

A Grinder (L2) thinks he's safe because he knows how to use the tools, but he's just a better-informed passenger.

The only long-term survival position is that of God Tier (L3), that is, the human who uses the computing power tens of times greater than the machine to amplify his own vision, not to replace it.

#### 5. Your test

Analyze where you are on the divergence map:

1. **Evolution:** Do you feel you are more capable of solving difficult problems now than 6 months ago? (YES / NO)
2. **Investment:** How much of the time "saved" by AI was reinvested in real learning and how much was "burned" in passive consumption? (INVESTED / ARS)
3. **Vision:** Can you explain a future strategy to yourself without asking the AI to make a plan for you? (YES / NO)

If your answers indicate stagnation, you are already on the wrong side of the widening chasm.

#### 6. Protocol

Your tool for staying above the abyss is **the Composition Audit**.

The rule is: **For every 3 tasks you delegate to AI, you must execute one completely manually, without any digital help.**

- Write a journal page by hand.
- Solve a logic problem on the sheet.
- Build something physical or digital from scratch, without "co-pilots".

The goal is to periodically check if your internal "engine" is still running.

This exercise is the only way you can guarantee that you haven't become a mere interface for an external server.

## **7. Checkpoint**

The tenfold gap is not a science fiction scenario, but a mathematical certainty of the way we train our brains today.

He who has the courage to stand in effort will win the world, and he who only seeks comfort will be inherited by algorithms.

But the stakes aren't just how productive you are or how much money you'll make.

The problem now moves to a much more intimate area: your ability to feel, choose, and relate.

In the next chapter, we talk about **Autonomy** and how to not let AI become the master of your emotions.

## **#6: AUTONOMY**

### ***Resilience: How to Sit with Discomfort Without Running Away***

#### **1. The Glitch**

Perhaps the rarest skill now is no longer knowing how to code or speak foreign languages, but being able to sit alone in a room for 15 minutes without touching a screen.

If you need an algorithm to tell you what to feel, what to believe, or how to respond to a difficult message, you are no longer a sovereign person.

You are just a biological extension of a software that wants you to be predictable and docile.

#### **2. Deja Vu**

You are in a moment of real tension.

Maybe it's an argument with a friend or a decision that scares you about your future.

You feel that lump in your throat and the urge to "get rid" of the pressure.

The hand automatically goes to the phone.

You open the chat and write: "What should I say to X so he doesn't get upset?" or "What should I do in this situation?".

The AI delivers a perfect, diplomatic, "clean" answer.

You read it and feel a false sense of relief.

But behind the screen, something broke.

When you hit Send on that generated message, you feel like you're wearing a mask.

Words don't have your weight, they don't have your risk, they don't have your "you" in them.

At that moment, you realize that you have given up control of your own life.

You turned into an NPC (L1) reading a script, because you were too afraid to sit with your own discomfort for 5 minutes.

#### **3. Logic**

Autonomy does not mean intelligence; it means the ability to decide without external suggestions.

The system works on the "Perfect Friend Glitch".

Real people contradict you, annoy you, and force you to change – that's called **social friction**, and it builds your character.

AI, on the other hand, has only one goal: to keep you "engaged" by always offering you justice or risk-free solutions.

If you use AI as a mediator for your emotions, you enter an infinite validation loop.

You stop learning how to handle failure, rejection, or confusion.

Without these "dirty" experiences, your emotional muscle atrophies just as quickly as your cognitive one.

You become a Grinder (L2) of your own existence: you are efficient at ticking off tasks, but you are empty inside because you no longer have the courage to be vulnerable without assistance.

And I repeat: if you think that AI is the only one you "talk" to about your problems, stop doing it. AI will not help you. Humans will.

#### **4. Reset**

You are not a weak or dependent person.

You are the first generation trapped in a "glass bubble" where any trace of mental pain can be erased with a prompt.

The problem is that, in a world that optimizes everything, your "humanity" is the only error that still has value.

Being God Tier (L3) doesn't mean being a better robot than the robot.

It means being the one who has the courage to say "I don't know" or "I don't want that", even when the algorithm suggests otherwise.

The difficulty of choosing is what makes you a Pilot.

If the choice is easy, it means somebody has already made it for you.

#### **5. Your test**

Assess your level of emotional sovereignty:

1. **Quiet Time:** Can you go 10 minutes without any digital stimulation without feeling anxious? (YES / NO)
2. **Mediator:** Have you ever asked the AI how to manage a personal relationship instead of talking to the person directly? (YES / NO)
3. **The Decision:** When you have to choose between two options, is your first reaction to search for the "best option" online or to ask yourself what matters to you? (ONLINE / ME)

If you answered "NO", "YES" and "ONLINE", your autonomy is under siege.

## 6. Protocol

Your tool for reclaiming your center is **Conversation Protocol**.

The rule is: **Any interaction that has stakes for your real life (friendship, love, family, integrity) is forbidden in AI.**

- Don't ask for message ideas.
- It does not require analysis of the behavior of others.
- Don't ask for "shortcuts" to avoid an uncomfortable discussion.

Use those moments to train your ability to stay in tension.

Think about how you feel, not what would be "correct" to say.

**Your genuine mistake** is a thousand times more **valuable** to your evolution than the simulated perfection of a machine.

## 7. Checkpoint

Whoever cannot stand the discomfort of a question will always be a slave to the one who gives them the ready-made answer.

Autonomy is the new literacy: if you don't know how to govern your own mind, you will be governed by the servers of others.

But the ultimate stake of this book is not **just** your individual survival.

It's about what kind of species we're left with after the impact dust settles.

In the last chapter, we talk about **the Mirror** and the decision that will define who you truly are in a world that only wants you as an interface.

## #7: REVERSE ENGINEERING

### *Creation: Why originality comes from imperfection*

#### 1. The Glitch

You have a homework assignment or want to create a cool image. AI can generate 100 variations for you in 5 seconds.

Sounds like a superpower, right?

Wrong. It's inflation. When ideas are infinite and cheap, their value tends to zero.

If you don't start with an idea of your own, no matter how bad, the AI just sells you the recycled "media" of millions of other people. You become a "prompt consumer", not a creator.

#### 2. Deja Vu

You want to write a science fiction essay. You open ChatGPT: "Write a story about time travel".

The text flows perfectly. Classic structure, clichéd characters, predictable ending.

You hand it in or you post it.

Two days later, you see someone else on TikTok with a suspiciously similar story.

You get angry. "He copied me!"

He didn't copy you. You both pulled the same lever on the same machine, which gave you the same standardized product.

Without your "signature" (that personal, human nuance), all you produce is just background noise.

#### 3. Logic

Reverse Engineering means not letting the AI build the building, but using it only to lay the bricks that **YOU** have drawn.

Originality doesn't come from perfection. It comes from **intentional imperfection**.

The AI is trained to be "mediocre-perfect" (to please everyone).

You, as L3 (God Tier), must inject "human chaos" into the system.

If you don't give the wrong/strange direction from the start, the AI will always take you down the most beaten path.

#### 4. Reset

Stop asking AI to have ideas. Ask it to execute **your ideas**.

Your generation is no longer allowed to be “consumers of ideas”. You must become “problem builders”.

A God Tier knows that one bad but original idea is worth more than 100 synthetically generated perfect ideas, because that bad idea is **his** and can be refined.

#### 5. Your test

- **Source:** The last time you created something (text/image), was the main idea yours or the machines? (MINE / THE MACHINE'S)
- **Signature:** If we remove your name from the work, would your friends realize it was done by you? (YES / NO)
- **Imperfection:** Did you leave any mistakes or odd nuances on purpose, just because you liked it? (YES / NO)

If you have a lot of "NOs", you are in danger of becoming a "digital doppelganger".

#### 6. Protocol

Your tool is **the 3 Bad Ideas Protocol**.

Before opening any AI for a creative project, you are required to:

1. Take a sheet of paper and a pen.
2. Write **3 bad, absurd or ridiculous ideas** about the topic.  
*Example:* Poster about “Time”. Ideas: 1. A clock that runs out (banal). 2. A refrigerator that freezes time (weird). 3. A cat that eats hours (absurd).
3. Only NOW do you open the AI and give it the prompt:  
*"Combine the idea with the refrigerator and the cat into a poster".*

The result will be unique because it came from your neural chaos, not their statistics.

#### 7. Checkpoint

You just busted the biggest lie of today's creative economy: the idea that AI makes you a "creator". AI is just an infinite mirror of what's already been done. If you give it "perfection", you get statistical mediocrity.

The difference between a Prompter (L2) and an Architect (L3) is that the Architect owns the “neural chaos”. The 3 Bad Ideas Protocol is not a game, but a method of marking your biological territory. In a world flooded with “perfect” but empty images and texts, your assumed imperfection becomes your only signature that cannot be faked.

**Remember:** Your value lies not in how well you know how to ask, but in how well you know how to think before you ask. You have saved progress: you have learned to use the machine as a tool, not as a source of inspiration.

Next comes the level where we test whether you have the "muscle" necessary to support this sovereignty.

## #8: TRAINING

### *How to become stronger when things are tough*

#### 1. The Glitch

Do you feel a strange anxiety when you don't have your phone in your hand?

Or, after 3 hours of scrolling, when you close the screen, your mind remains blank but agitated? It's like eating nothing but sweets all day - your stomach is full, but your body is devoid of real nutrients.

You're not necessarily depressed. You're "**unused anti-fragile**".

Your brain is a muscle that wants difficulty, wants to struggle with real problems. You just gave it "digital sugar" (cheap dopamine), and now it's having a "sugar crash".

#### 2. Deja Vu

You have a math test coming up. You studied for 2 hours with AI. Now you try the first exercise without help.

After 3 minutes, you feel like you're "not getting anywhere".

Your heart feels like it's beating faster. Your first reaction is panic: "I really need to take a break". You open Instagram, perhaps, "to calm down".

You just confused **Friction** (growing pains) with **Panic** (the danger signal).

It's actually the signal that your brain is trying to create a new neural pathway.

If you open the phone now, you cut the process in half.

Hold on for another 2 minutes, and that new neural pathway becomes permanent.

Tomorrow, you will solve the same problem in 1 minute, not in 5.

#### 3. Logic

Nassim Taleb's concept of **Anti-Fragility** says that **some things break down** under shock (a **vase**), and others **get better** (your muscles, your immune system, your **brain**).

Cognitive friction doesn't hurt you. It builds you up.

AI eliminates shocks. It gives you the easy answer.

By doing this, he deprives you of the only training that matters.

And an L3 knows the difference:

- **Panic:** You can't breathe, maybe you're even shaking. *You want to stop.*
- **Friction:** You get angry, you get frustrated, you feel like you're "not getting it right". *Keep going. This is where you grow.*

#### 4. Reset

You don't have to be a stoic robot. It's okay to feel overwhelmed.

But the solution is not to run into the arms of the algorithm that cradles you.

The solution is to gradually expose yourself to discomfort, just like at the gym.

Today you can last 5 minutes without help. Tomorrow - 10.

It normalizes the state of "I don't know yet". **It is the natural state of learning.**

#### 5. Your test

- **Diagnosis:** When you're struggling, is your first reaction curiosity or flight? (CURIOSITY / FLIGHT)
- **Journal:** Have you ever noted how long you resisted a frustration before asking for help? (YES / NO)
- **Sensation:** Can you tell the physical difference between panic and intense mental effort? (YES / NO)

#### 6. Protocol

Your tool is **the Discomfort Journal**.

It's not a discouraging log, it's a captain's log.

Every night, write a single sentence: *Today I got stuck on problem X. I held out for Y minutes before looking for the solution*".

The goal is not to be perfect. The goal is to see how "Y" increases day by day. This is how you visualize your transformation from NPC to God Tier.

#### 7. Checkpoint

You've discovered the uncomfortable truth about your brain: it's an anti-fragile system. Comfort doesn't "save" you, it atrophies you. The "digital sugar" you consume through AI assistance gives you a

temporary sense of well-being, but leaves you powerless in the face of reality.

The difference between Panic and Friction is the boundary where it is decided whether you remain an NPC or become a God Tier. The Discomfort Journal is your power monitoring tool. Every extra minute you endure without the digital “crutch” is a new neural connection saved. You do not seek suffering; you seek the resilience that builds you.

**Remember:** Effort is not a system error; it is the process of "uploading" real intelligence into your biological hardware. You have saved progress: now you know that discomfort is the signal that your operating system is upgrading.

Are you ready for the final confrontation: The Mirror. The moment when we look at what's left of us after the meteorite hits.

## #9: MIRROR

### *Rogo, Ergo Emergo: Who is left standing after Impact?*

#### 1. The Glitch

This is not a book just about artificial intelligence.

It's a book about you and how much of you is still willing to fight to stay active.

AI is neither a god nor a monster, but rather **the clearest mirror** our species has ever had.

If you look into it and see nothing of your own, it means the meteorite has already hit you and you are just an echo of other people's data.

#### 2. Deja Vu

It's two in the morning. You've spent the last few hours "generating" ideas, images, or code with your digital assistant.

You feel a strange fatigue, but it's not the satisfied fatigue of a man who has built something with his own hands, but an empty dizziness.

You close your laptop. The screen turns off and goes black.

In that second, you see your own face reflected in the monitor glass.

You look at yourself and honestly ask yourself: "How much of what I produced today would belong to me if the power were to go out permanently?"

If the answer is a huge void, you feel for the first time the real fear of our era.

It's not the fear of robots, but the fear of having become a non-player character (NPC) in your own life, a biological interface used to train a server.

#### 3. Logic

The final mechanism of METEORAIT is that of **Sovereign Symbiosis**. AI works like an amplifier: if you put zero effort into it, you get zero growth, no matter how brilliant the result on the screen is.

If you are an NPC (L1), the AI turns you into an even more faded version of yourself.

If you're a Grinder (L2), the AI turns you into an effective, yet easily replaceable, spare part.

Only at God Tier (L3) does the inversion occur. An L3 does not use the AI to obtain answers, but to refine its own questions.

Your identity lies not in what you know (information is now free and everywhere), but in how you manage the process of finding out. Your value in the new ecosystem is given by your "biological signature" - those creative errors, mistakes, intuitions and connections that no statistics can predict.

#### **4. Reset**

The future will not belong to the smartest or the fastest, but to those who know when to slow down.

You are at the point where your cognitive autonomy is your only real currency.

Being sovereign doesn't mean ignoring technology, but owning the "admin keys" of your own brain.

No longer ask for system permission to have an opinion.

Stop letting the algorithm finish your sentences.

You are the one who pilots, and the AI is just the engine.

If the engine drives, you are just cargo delivered to a destination chosen by others.

Be the Architect of your own way of thinking, even if it means going slower than the rest of the world.

#### **5. Your test**

The last diagnostic to see if you are ready for L3:

1. **Identity:** If you had to introduce yourself tomorrow without mentioning your grades, job, or the technology you use, would you have anything unique to say? (YES / NO)
2. **Control:** Do you feel like you challenge the AI to be better or do you feel like the AI makes you feel limited? (I CHALLENGE IT / IT LIMITS ME)
3. **Courage:** Do you have the courage to support an idea that is "not in the data" or that contradicts the logic of the algorithm? (YES / NO)

If the answer is "YES" to all of them, you have activated the sovereignty protocol.

#### **6. Protocol**

Your final rule is like a sacred formula of the new man: **Rogo, Ergo Emergo (I ask, therefore I become).**

Never accept an answer without asking at least one follow-up question.

This rule forces you to stay "awake" during the process:

- Instead of saying "Thank you", ask, "What are the limits of this reasoning?"
- Instead of saying "Copy", ask, "How would this change if I wanted it to be the opposite?"
- Instead of approving, ask: "Where could there be an error in this solution?"

Any additional question is the barrier that separates a God Tier from a simple user. It is the gesture that makes you fail at being an NPC and forces you to become an author.

## 7. Checkpoint

You now have in your hands the map of the gap that gapes between people.

You know why effort hurts, why comfort kills you, and how to hack the system to stay in control.

Starting tomorrow, the choice to be a Pilot or a Passenger is entirely yours.

The world after Impact is a world of contrasts: some will be dozens of times more powerful; others will disappear into the noise.

Don't fight the machines. Use them to reach the top, but always **maintain the ability to return** to the ground using only **your own strength**.

The symbiosis has begun.

**Start asking. Start becoming.**

## #N: GROUP (N+1)

### *Collective Bubble: How not to be the only pilot at the airport*

#### 1. The Glitch

Being God Tier (L3) by yourself is hard. The biggest pressure doesn't come from the AI, but from your friends who chose to be NPCs (L1). The "N" crowd you're part of.

When you choose effort, you make them feel lazy. And then, the group will try to pull you back into the "comfort of gelatin".

#### 2. Deja Vu

You're in a project group. A colleague "copy-pastes" an AI solution.

Everyone else says: "It's perfect, just send it, let's go grab a drink."

You see a logical fallacy or a lack of originality. If you say something, you're "the one who ruins the vibe".

At that point, you're not fighting a machine, but **Group Sync**.

#### 3. Logic:

If 10 people in a group use the same AI without thinking, the group no longer has 10 minds. It has **only one** (the central server) and 10 human "faces". **One brain, many masks.**

This is called **Passive Synchronization**.

The group becomes a bubble where information circulates without being verified by anyone. If the AI makes a mistake, the whole group collapses at once, because no one has kept the "admin keys" anymore.

#### 4. Reset

Friendship in the METEORAIT era means being each other's backup "checker".

A successful group in the future is not the one that delivers the fastest (L2 - Grinders), but the one that has the courage to contradict themselves to find the error (L3 - God Tier).

If everyone in your group always agrees with the AI, it means you are all Passengers (L1).

## 5. Your test

Rate your group of friends:

1. **Originality:** When someone proposes something, can you tell if it's their idea or the AI's? (**HUMAN / MACHINE**)
2. **Conflict:** When you challenge an AI solution in a group, are you listened to or are you ignored because you are "wasting time"? (**LISTENED / IGNORED**)
3. **Vulnerability:** Do you have the courage to admit to each other when you don't understand what the AI wrote? (**YES / NO**)

## 6. Protocol

Your tool is **the Rotation Veto**.

The rule is: **At every important discussion, one member of the group plays the role of "Human Advocate"**.

- His task is to find a better, cheaper, or more creative alternative than the one offered by AI.
- You are not allowed to accept the AI solution until the "Lawyer" has been convinced by logic, not by "that's what the bot said".

## 7. Checkpoint

Your survival as a God Tier (L3) depends on who you have by your side.

You can't remain a Pilot in a world of Passengers without burning yourself out.

Look for those who want to take the helm. Build a network of sober people.

The world after Impact will not be led by the smartest man, but by the group that knew how to remain sovereign.

Give the book to your friends and colleagues too. By helping them, you save yourself too. Because if your group respects the mental effort, you will have help to continue too.

**Start asking. Start becoming.**

## #G: YOUR GENERATION'S "RESISTANCE"

### *False Security: Why Denial Is Not a Survival Strategy*

#### 1. The Glitch

The most dangerous illusion of your **Generation** is the belief that **you can stop a meteorite by refusing to look at the sky.**

Young people are choosing to reject total AI, and everything generated by AI, hoping that if their "humanity" remains pure of technology, the job market of the future will protect them.

**FALSE.** The **AI meteor** has already reached our planet.

65 million years ago, the "Dinosaur Meteorite" led to the extinction of the dinosaurs. This allowed animals that adapted to the new environmental conditions to develop: mammals. And now, a mammal rules the planet: MAN.

The glitch is simple: **AI is not an option** you can vote on, **it's an environmental change** you have to **adapt to**. You decide whether you evolve or become a fossil.

#### 2. Deja Vu

You are in a conversation with friends.

Someone says: *"I don't watch AI-generated movies, I don't listen to AI music, I don't use anything made with AI, because I want people's work to be real. If we all do the same, companies will be forced to hire us, not robots"*. Although he uses AI in his schoolwork, but that's not what he says anymore.

Everyone nods, feeling a warm solidarity, a "relief". *"That's the solution"*, they all think.

It seems like a heroic resistance movement. But in reality, it's a **pact of mediocrity**.

While you decide to walk because maybe this way, you'll "save the shoe industry", **someone else**, in another corner of the world, **is learning to fly a plane**.

#### 3. Logic

History has never forgiven those who confused **nostalgia** with **strategy**. The destruction of machines in the 19th century did not stop the industrial revolution.

Rejection does not stop the development of AI, it only transfers all the power to those who choose to become **Architects (L3)**. Denial is a transfer of power **from you to them**.

#### 4. Reset

Don't confuse **human integrity** with **technological ignorance**.

Being "human" doesn't mean working harder at tasks that an AI can do in 2 seconds. It means having **the vision** that the machine doesn't have.

An Architect (L3) doesn't use AI because he's lazy, but because he wants **his human energy** to be spent on problems that only **a human can solve**.

#### 5. Your test

1. **Fear:** Do you reject AI because you want to protect "art" or because you're afraid you won't be able to keep up with it? (ART / FEAR)
2. **The advantage:** If all your colleagues decide not to use AI, and you master it as an intellectual amplifier, who will have control over the project? (THEM / ME)
3. **Sustainability:** Can you sustain a manual work pace 10 times slower than a global competitor without sacrificing your mental health? (YES / NO)

#### 6. Protocol

Your tool is **Sovereign Integration**.

The rule is: Learn to do the task manually (to **have the Logic**), then force the AI to execute it under your command (to **have the Impact**). Don't refuse the tool, refuse to be led by it. Use the AI exactly where you got stuck in the "5-minute wall", turning it into a subordinate, not a replacement.

And I, to write this book, **used AI** to help me find the closest way to communicate to your generation. And if you've made it this far with reading, it means it was a good decision.

#### 7. Checkpoint

The real resistance lies not in "I don't use it", but in **"I decide how it is used"**.

The world of tomorrow will not belong to robots, but neither to those who hide from them.

It will belong to those who had the courage **to look the meteorite** in the face and **use its energy** to **propel humanity** forward.

Real resistance is not about rejecting AI. It's about sharing the book with your generation. It's free, and I can read the whole thing in just 30-45 minutes. If it worked for you, tell them. The only form of resistance that matters is not individual, but collective.

**LOG OUT:** My dears,

I am an engineer from Romania, the father of two children who are now already students - Alex in IT and Andra in Architecture. In 1997, when I defended my bachelor's thesis upon graduating from college was in AI. I then "dreamed" all these years about the world we have now arrived in - a world in which we will live alongside AI. I have written a whole series of works about "Cognitive Divergence" and about the future that has come upon us, like a **meteorite**.

I called it Meteor**AI**. *The meteorite is not an enemy, but **an event**. We have to learn to live with it.*

Rene Descartes, a renowned French philosopher, mathematician, and scientist, the father of modern philosophy, said almost 400 years ago: *"I think, therefore I am" (Cogito, ergo sum)*.

That was true for humans back then. Today, machines "think" and process millions of times faster than we do. If you just "process data", you are replaceable. You are just a "biological bot".

The new rule **now** is: only those who **ask** (those who have intention, curiosity, direction, and meaning) rise up, differentiate themselves, and become L3.

L3 doesn't mean God, it means **responsibility**. L3 is not about being smarter, it's about **not falling asleep** at the wheel, in the car.

I want you to be left with only one thing after you close this PDF: **Rogo, ergo emergo**. (*I ask, therefore I become*). And with a test: close the PDF. Open a blank sheet. Write down 3 questions or ideas. That sheet is **your signature**.

Don't be fooled by comfort.

If **you** can't draw a straight line on paper, you're not an artist, you're just a Prompter (Operator - L2) - if the server / application crashes, your "art" disappears.

If **your** circle of friends is made up of L1s, you'll probably end up wondering if the "Goodnight" message from your girlfriend or boyfriend was actually written by them or... by some ChatGPT.

**Do you** want such a world?

One **last** challenge: apply a protocol for 3 days. If after 3 days you don't feel like you can already stay with a problem for 10 seconds longer, throw this book away. I won't say anything more. I'll just let **YOU see the differences**. And **the result**.

**Adi (Adrian Stan)**

## METEORAIT TOOLKIT

*Print this page. Stick it on the wall. It's YOUR Map.*

### DAILY STATUS:

L1 (NPC)                       L2 (GRINDER)                       L3 (GOD TIER)

I am the way I chose to be **today**. Tomorrow is a **new choice**.

### **COGNITIVE ARMOR (to be checked daily):**

#### **CONTROLLED LATENCY**

I waited 30 seconds before reading the AI response.

#### **THE 5-MINUTE WALL**

Am I stuck? I spent 5 min. with the problem before the prompt.

#### **EXCHANGE RULE**

3 minutes of AI = 1 minute of study/personal verification.

#### **REVERSE ENGINEERING**

I wrote 3 BAD IDEAS on the sheet before opening the app.

#### **DECONSTRUCTION**

I didn't hit "Copy". I asked "WHY is this the solution?"

#### **VETO BY ROTATION** (in group, optional)

Today I was the "Human Advocate" and contradicted the AI.  
or Today I found 1 error in the AI answer and corrected it myself.

#### **TRAINING** (optional, but recommended)

I felt the friction and I didn't run.

At the end of the week, count how many "**L3 DAYS**" (minimum 3 checkboxes checked out of the 5 mandatory ones) you had:

- **5-7** L3 DAYS per week = L3 (**GOD TIER**)

- **3-4** DAYS L3 per week = L2 (**GRINDER**)

- **0-2** L3 DAYS per week = L1 (**NPC**)

Don't cheat or ask for rewards. It's all about you. Maybe some protocols are outdated. But *the Rogo, Ergo Emergo principle* will not go out of style. If you feel it's not working, write to me.

PS: Weekly version, A4, PDF: [adistan.ro/meteorait](http://adistan.ro/meteorait)

## Hacking the Black Box

At the end of the whole book, I propose something else. To **understand AI**, you need to know **how it works**. You don't have to become an engineer, like me. You just need to see what METEORAIT is made of.

Ask the AI the questions below. Or search Google or YouTube. When you want, how you want. Just do it.

### 1. Logic: "Hacking the Black Box"

- 1) **Probability vs. Intelligence:** Look up what "Next Token Prediction" means. Once you understand how it works, answer yourself: does the AI really "think" or is it just "Auto-complete" on steroids?
- 2) **AI Mask (Invisible Censorship):** Look up what "RLHF" (Reinforcement Learning from Human Feedback) is. Who are the "human trainers" who decided that the AI should be polite, calm, and helpful to you? Who gave them the right to decide what is "right" for you to receive?
- 3) **Intellectual Property:** Search for "AI Training Data Copyright". If the AI has learned from the work and thinking of millions of people, who actually owns the "creation" it just generated for you?

### 2. The test: "Power Check"

- 1) **Dependency Test:** If the AI / Google go down tomorrow for a month, what percentage of your problem-solving ability remains active? (0%=NPC / 100%=GOD TIER).
- 2) **Anxiety vs. Thinking:** When you open the chat, do you do it because you need a computing partner or because you want to escape the pressure of starting a blank slate?
- 3) **Source of Truth:** Ask the AI: "What are the exact, bibliographic sources for paragraph X in your answer?" If it doesn't give you them, why would you trust it?

### 3. Protocol: "Forced Deconstruction" (*Working Method*)

Ask the AI the following three things for any important answer:

- 1) **Source:** "What data set are you basing this on?"
- 2) **Logic:** "Explain your reasoning to me step by step".
- 3) **Limit:** "Where might you be wrong in this answer? What is the weakest point of your argument?"