

10 Minutes of AI Use Erodes Focus

Even brief reliance weakens persistence on hard tasks.

Swipe for insights →

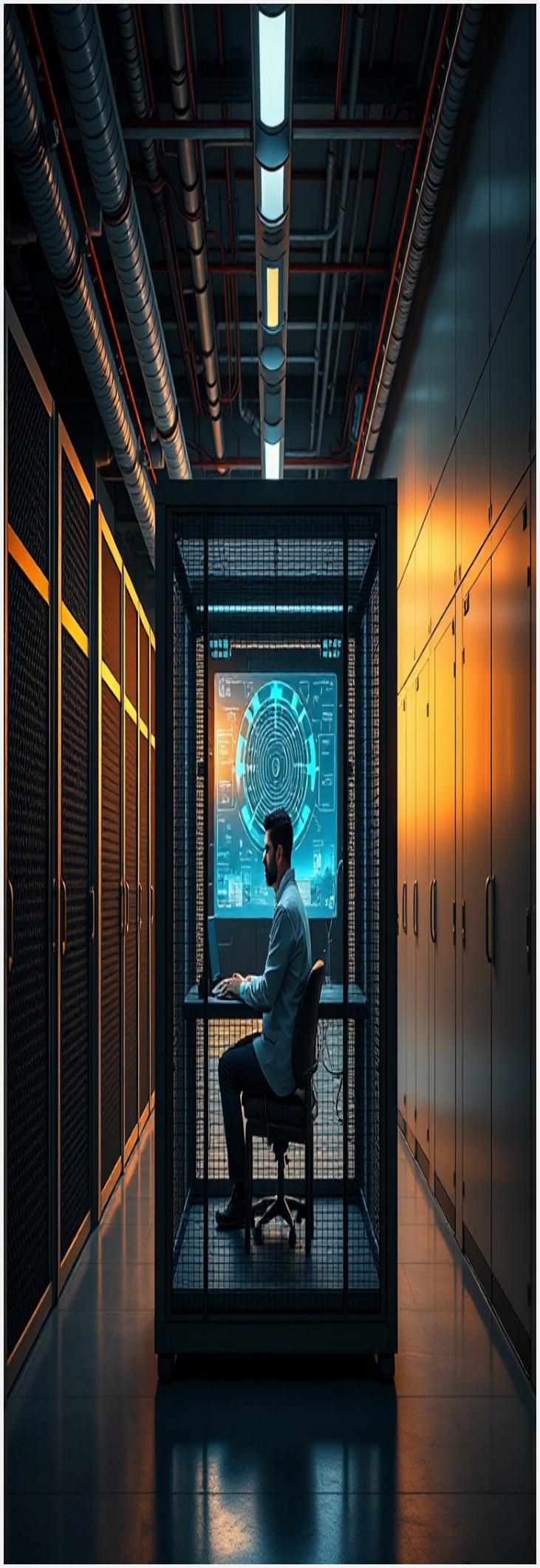
THE DATA

12

Problems Solved Before AI Withdrawal

Participants using AI solved 12 fraction problems accurately before the tool was removed.

In the first experiment, AI-assisted participants outperformed peers initially, but accuracy collapsed after AI access ended. Their performance dropped sharply after the 12th problem, suggesting a dependency threshold was crossed within minutes.

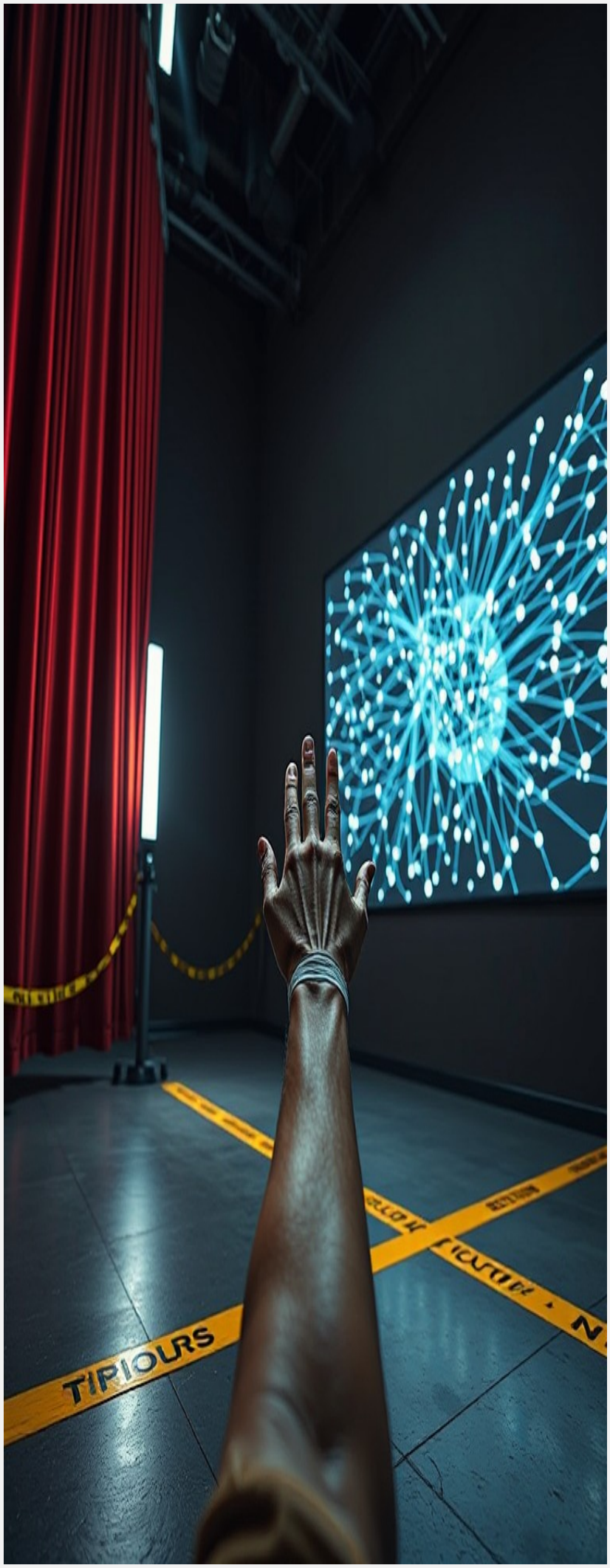


Source: UC Berkeley News · Published November 06, 2026
https://news.berkeley.edu/2026/10/09/using-ai-for-just-10-minutes-erodes-your-ability-to-persist-at-hard-things/

01

AI Dependency Begins in Minutes

The shift from independent problem-solving to reliance on external intelligence is not gradual but abrupt. Once the AI is removed, users abandon tasks or answer incorrectly, indicating that the brain has already begun outsourcing effort.



02

Productive Struggle Is the Price of Mastery

This has profound implications for education, research, and professional expertise. If AI eliminates the need to wrestle with complexity, we risk producing a generation that excels at prompt engineering but lacks the depth to innovate or solve novel problems.

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