
Creative Recovery

**This is the first edition of Creative Recovery,
a practical guide for creatives working to
overcome a dependency on generative AI.**

PAID FOR BY **MUSICBED**

The trusted music licensing source for filmmakers, brands, and agencies who value craft.

Overcome Generative AI Dependency with Musicbed

Musicbed, the trusted music licensing source for filmmakers, brands, and agencies, is designed to meet the unique challenges faced by creatives quitting generative AI. With authentic, emotional music, expert curation, and 24/7 access to the world's most in-demand and emerging artists, Musicbed offers the proven, evidence-based resources creatives need to find a quit that sticks.

Creative Recovery

First Edition

Say No to **Generative Gambling**

01 **Acknowledge the Pattern**

Acknowledging that generative AI has affected you and your creative integrity is the hardest and most important step.

02 **Turn to Your Network**

Looming deadlines? Don't cut corners. Close the Chat tab and turn to Musicbed's expert curation to find authentic music that's right for your project.

03 **Remember What's Real**

Listen: You're human. Your stakeholders are human. Your audience is human. So use music created by actual human artists in your work.

04 Surrender to the Creative Process

Consider the times you've chosen convenience over craft. Give your creative instincts time to return as you begin to trust the process you recently abandoned.

05 Stay Accountable

Tell another creative the truth about your "creative" process. Let someone else see how you're working and hold you to a higher standard.

06 Spread the Message

When you see another creative slipping into generative AI dependency, say something. Share what worked for you. Pass it on. The only thing we can control is the next project.

Know someone who needs the break the cycle?

Pay it forward by sending this to a creative who needs it.

[SLOPADDICTION.COM](https://slopaddiction.com)

I choose to
say no to slop.

I prioritize my craft
over convenience.

I license real music
because my work is real.

THE CREATIVE'S MANTRA

**Gambling with your creative future
costs more than you think.**

**If you, or a creative you know,
is struggling with a generative AI
dependency,**

We're here to help.

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