

LOG OUT PODCAST FACT CHECK

016: HOW TO STOP AI FROM TAKING OVER YOUR LIFE: 6 BOUNDARIES TO SET BEFORE IT'S TOO LATE

Claim 1: Siara claimed Pew's February 2026 survey found that 10 percent of US adults use an AI chatbot for emotional support and 4 percent use one for companionship — **TRUE**

Pew Research Center surveyed 5,119 US adults from February 17 to 23, 2026, and reported that one-in-ten adults use chatbots for emotional support or advice and a smaller share, 4 percent, use them for companionship. These are the exact figures cited in the episode.

Source: [*Americans and AI 2026: Chatbots, Smart Devices and AI's Impact - Pew Research Center*](#)

Claim 2: Siara claimed those figures rise to about 20 percent for emotional support and 7 percent for companionship among 18 to 29 year olds — **PARTIALLY TRUE**

Pew's age breakdown confirms the emotional support figure: one-in-five adults under 30 say they use chatbots for emotional support or advice, matching the 20 percent claim. The 7 percent companionship figure for that specific age group was not locatable in Pew's public release materials.

Source: [*How Americans' opinions and use of AI differ by age - Pew Research Center*](#)

Claim 3: Siara claimed Meta acquired Limitless, maker of the AI recording pendant, in December 2025 — **TRUE**

Meta announced its acquisition of Limitless (formerly known as Rewind) on December 5, 2025. Following the deal, Limitless stopped selling its Pendant hardware to new customers while continuing to support existing users.

Source: [*Meta acquires AI device startup Limitless - Yahoo Finance*](#)

Claim 4: Siara claimed HeyGen sells digital twins that can look like you, sound like you, and generate videos of you without you recording them — **TRUE**

HeyGen's Digital Twin and Avatar products let a user upload as little as 15 seconds of footage to build a reusable video avatar that syncs voice, gestures, and expressions to any new script, without the user filming again.

Source: [*How to create your Digital Twin in 15 seconds with HeyGen - HeyGen Help Center*](#)

Claim 5: Siara claimed Delphi lets users create a Digital You that learns from their writing and content, speaks in their voice, and can take calls and interact with people on their behalf — **TRUE**

Delphi's product lets a creator upload writing, video, and podcast content to build a digital clone that mirrors their tone and knowledge, then deploys it for text or live voice conversations on the creator's behalf.

Source: [*The Clone Economy - Delphi*](#)

Claim 6: Siara claimed Reid Hoffman, co-founder of LinkedIn, has an AI twin called Reid AI that has talked to reporters, appeared in interviews, judged a Stanford business competition, and helps deliver speeches in multiple languages — **TRUE**

Reid Hoffman's AI twin, Reid AI, has participated in media interviews, judged a business-plan competition with Hoffman at Stanford, and helped deliver speeches in multiple languages.

Source: [*What I learned at Stanford about Digital Twins - Chapa Insights*](#)

Claim 7: Siara claimed Mark Manson's company Purpose is an AI coach designed to learn users' patterns, values, needs, relationships, and goals — **TRUE**

Purpose launched publicly in December 2025 with Mark Manson as co-founder alongside CEO Raj Singh, described as an AI mentor providing personalized, longitudinal life guidance, matching the claim in the episode.

Source: [*Bestselling Author Mark Manson Launches Purpose, an AI Mentor Redefining Self-Help for a New Generation - PR Newswire*](#)

Claim 8: Siara claimed Spotify is working on a feature that would let paying users create licensed AI-generated covers and remixes, with artists opting in and getting compensated — **TRUE**

Spotify announced a licensing agreement with Universal Music Group on May 21, 2026, and later expanded it with Merlin, to let Premium subscribers create AI covers and remixes from participating artists' catalogs. The initiative is explicitly built around artist consent, credit, and compensation.

Source: [*Spotify and Universal Music strike deal allowing fan-made AI covers and remixes - TechCrunch*](#)

Claim 9: Siara claimed Spotify's AI credits beta discloses whether AI was used in a track's vocals, lyrics, instrumentation, or production, and that a missing label does not mean AI was not used — **TRUE**

Spotify's AI Credits, in beta since April 16, 2026, let artists disclose specific AI contributions across those four categories in Song Credits on mobile. Spotify states directly that because the system depends on artist disclosure, the absence of a credit does not mean AI was not used.

Source: [*AI Credits - Spotify Support*](#)

Claim 10: Siara claimed Anthropic will embed an invisible watermark into Claude-generated text globally, and that the watermark travels with the text through copy and paste — **TRUE**

Anthropic confirmed it will embed invisible, imperceptible watermarks into text from new Claude models starting August 2, 2026, to comply with the EU AI Act's Article 50 transparency rules, applied worldwide rather than only to EU users. Anthropic states the watermark travels with copied and pasted text and may persist through some editing.

Source: [*EU compliance, delivered globally: Anthropic to watermark Claude's output worldwide - Euronews*](#)

Claim 11: Siara claimed researchers recently found that, under certain conditions, websites could still expose an iCloud Private Relay user's real IP address — **TRUE**

Security researchers Tommy Mysk and Talal Haj Bakry disclosed on August 4, 2026, that three WebKit features, including passkey authentication requests, can bypass Private Relay's proxy and expose a user's real IP address. Apple has said it is investigating, with a fix planned for fall 2026.

Source: [*iCloud Private Relay might be leaking your real IP address, researchers say - 9to5Mac*](#)

