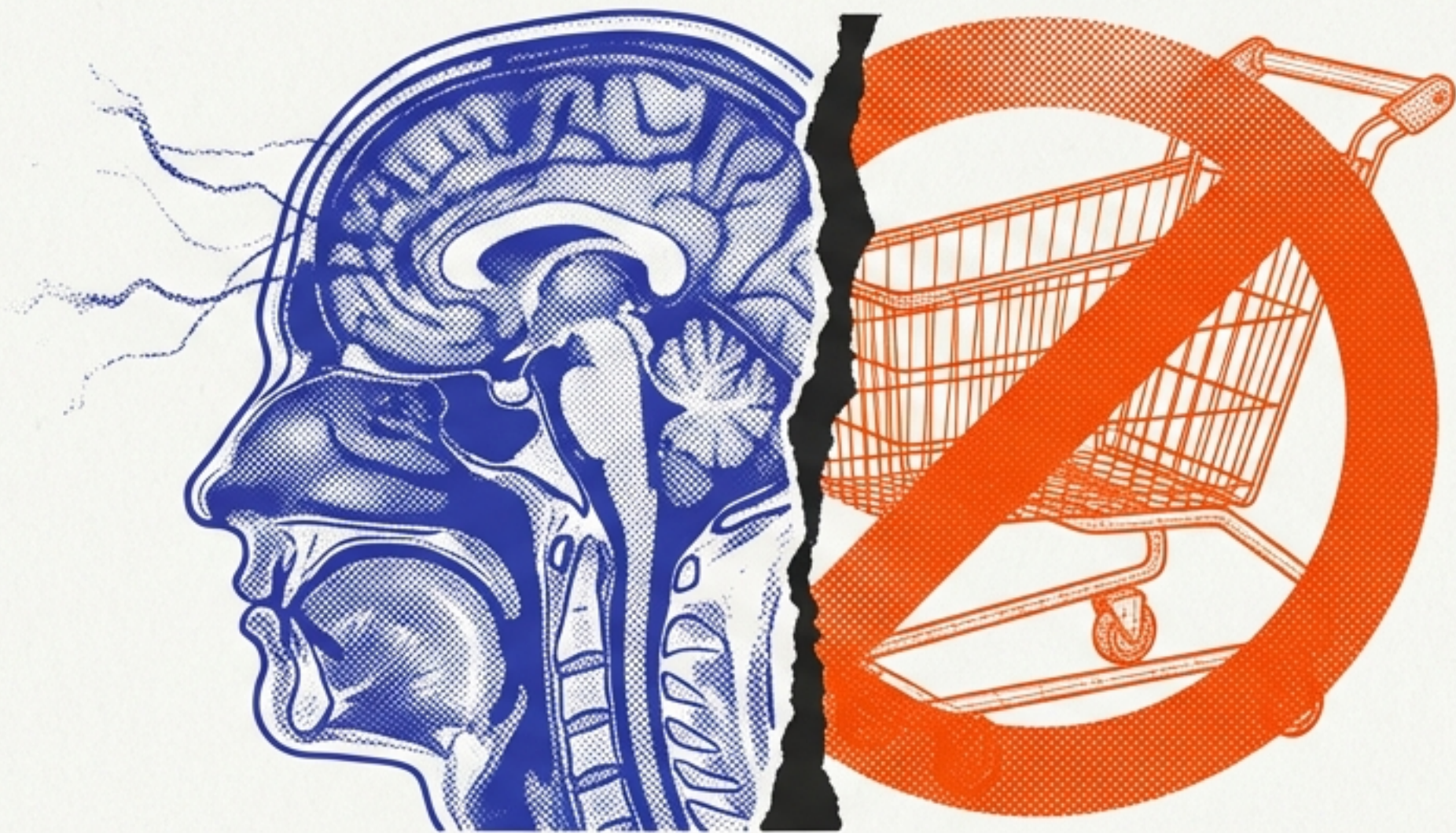


2026.01.23

# The Friction of Maturity (成熟期の摩擦)

From shrinking neural connectivity to platform bans—navigating the side effects of the AI era.

脳内接続の減少からプラットフォームによるBANまで——AI時代の副作用を歩く



WARNING / 警告

## Cognitive Debt (認知的負債)



MIT Media Lab reveals a 4-month study showing weakest neural connectivity in LLM users. The brain is adapting to “outsourcing thought” by reducing alpha/beta wave engagement.

TENSION / 緊張

## Trust & Ecosystems (信頼とエコシステム)



The “Ouroboros” effect is accelerating. NeurIPS papers contain hallucinated citations, while platforms like eBay explicitly ban AI agents to protect their economic model.

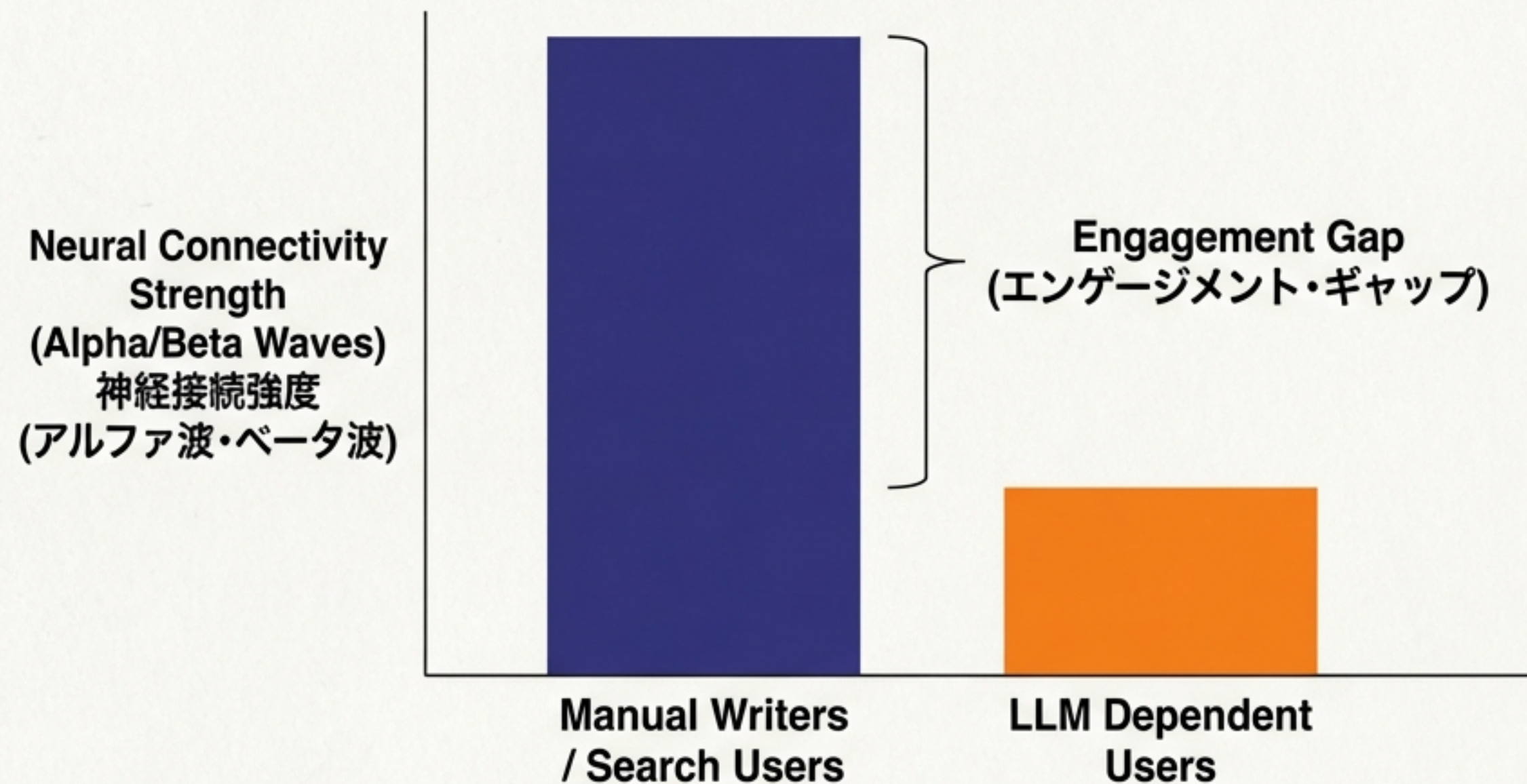
PROGRESS / 進化

## Governance & Tools (ガバナンスとツール)



Anthropic releases a new “Constitution” prioritizing values over rules. Developers respond with local-first tools (Sweep) and community fixes (Claude Chill) where corporations fail.

# The Cost of Outsourcing Thought (思考のアウトソーシングが招く代償)



Source: MIT Media Lab / Hacker News

A 4-month study tracks brain activity during writing. Users dependent on LLMs show the weakest network connectivity compared to those writing manually or using search.

When switching from LLM to manual tasks, users exhibit reduced connectivity—signals associated with focus and deep thought. Result: A lack of 'ownership' over the output.

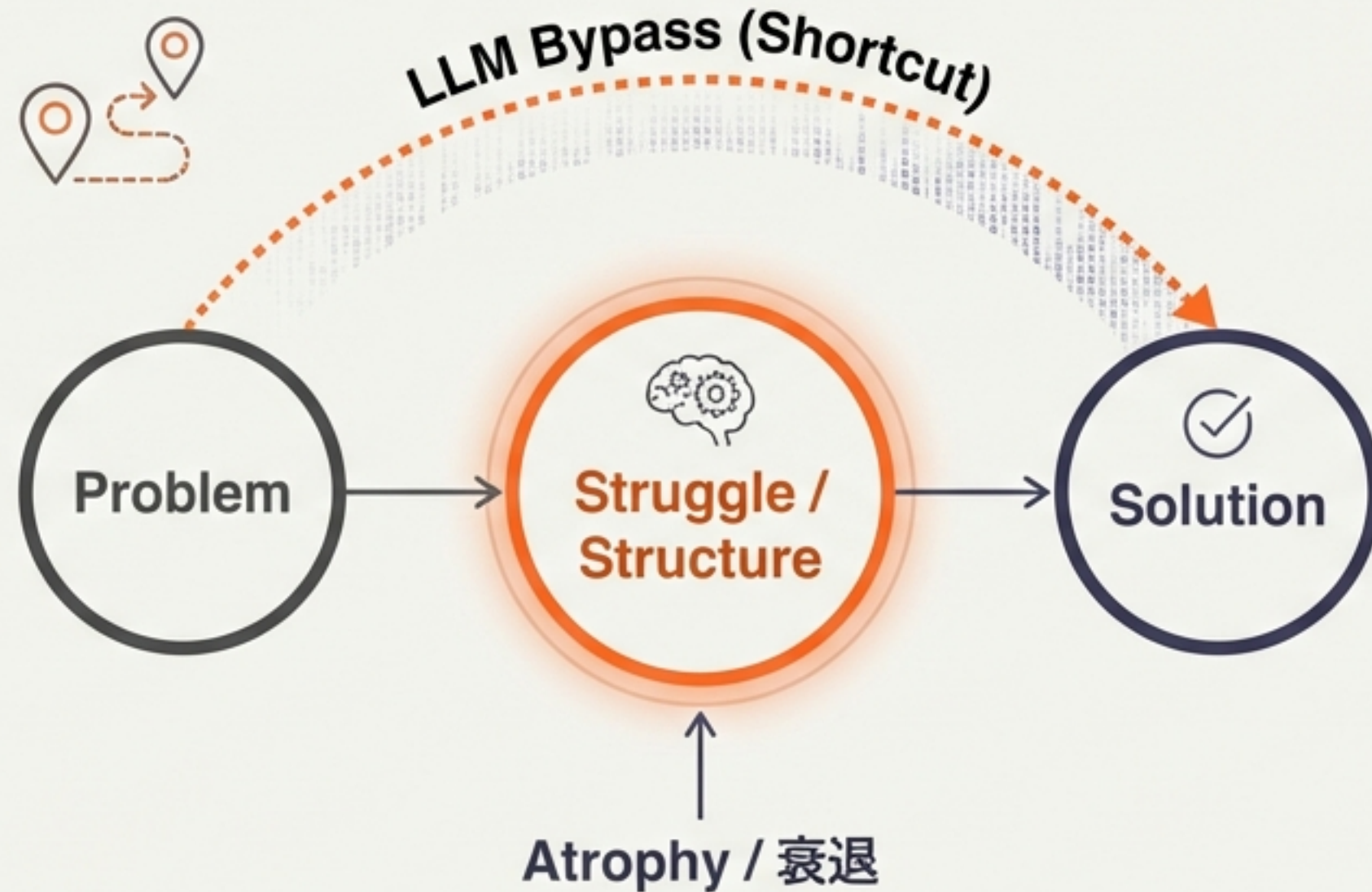
## 実務メモ (Practical Note)

Educational and corporate guidelines should distinguish between using AI for 'final output generation' (risk of cognitive debt) vs. 'scaffolding thought' (lower risk).

# Cognitive Debt: The “GPS Effect” for the Mind (認知的負債：脳における「GPS効果」)

**Analogy:** Just as relying on GPS weakens spatial memory, and calculators weakened mental arithmetic, LLMs risk eroding the ability to structure complex thoughts.

**The Risk: The “Engagement Gap.”** The brain adapts to the path of least resistance. If the “struggle” of writing is removed, the neural pathways for critical thinking atrophy.



**Counterpoint:** Some argue this is just a tool shift, but the speed and completeness of the outsourcing is unprecedented.

**判断のヒント  
(Decision Hint):** To mitigate “Cognitive Debt,” consciously design workflows that require human verification and structural planning *before* AI generation.

# Erosion of Authority: The NeurIPS Hallucination Scandal (権威の侵食：NeurIPS論文でのハルシネーション)

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# 53

Papers accepted

Merriweather / Noto Serif JP

# 100+

Hallucinated citations /

架空の引用

Merriweather / Noto Serif JP

Source: GPTZero analysis of NeurIPS 2025



Even peer review at top-tier conferences (25% acceptance rate) is failing to catch AI fabrication.

The assumption that “Prestigious Source = Verified Fact” is broken.

Merriweather / Noto Serif JP

## 実務メモ (Practical Note)

In 2026, verification of citations is no longer optional. Any AI-assisted research must undergo a strict “Link Audit” to ensure sources actually exist.

# The Ouroboros Economy: AI Eating Its Own Tail (ウロボロス・エコシステム：自らの尻尾を食らうAI)

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## The Paradox

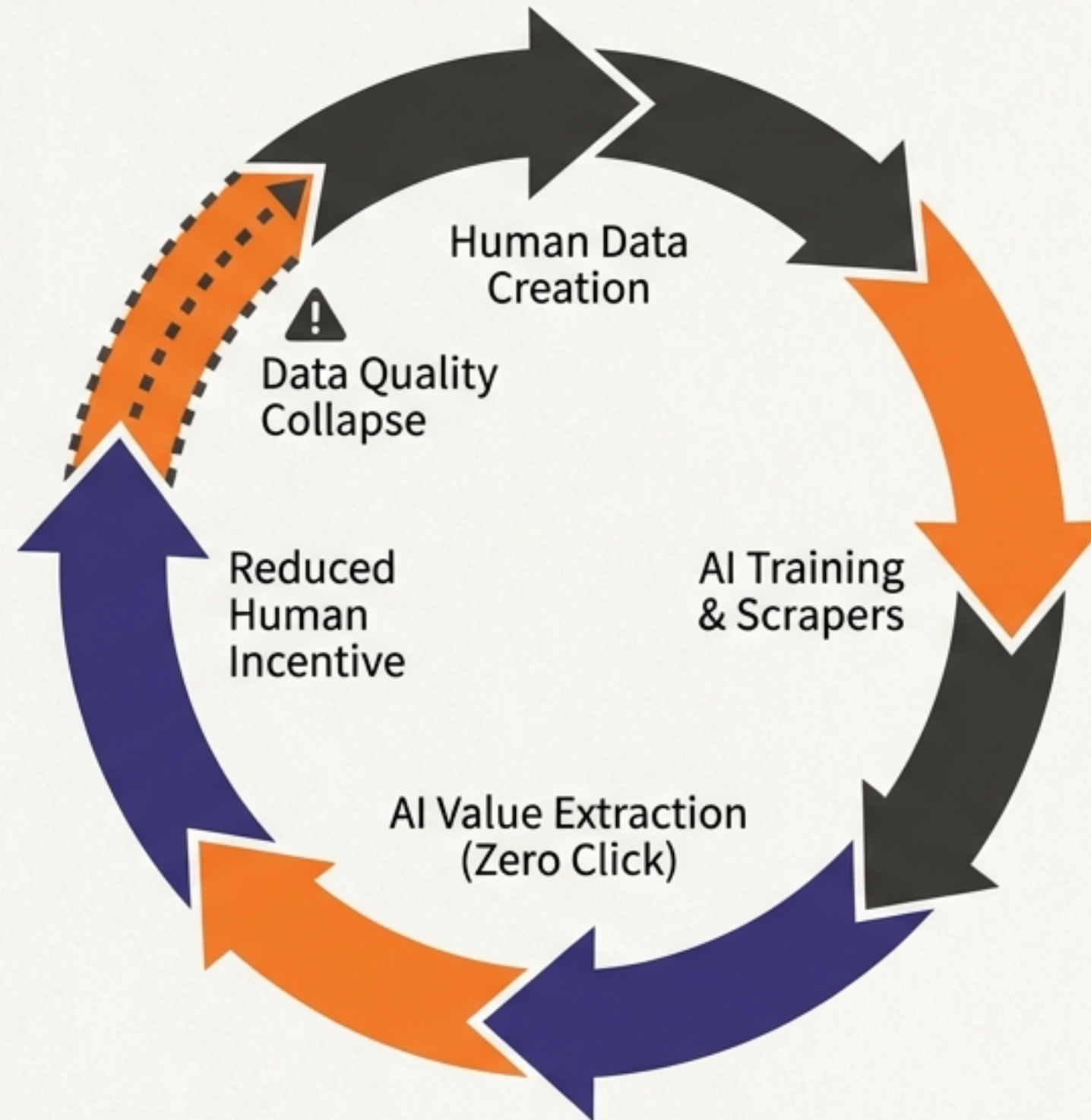
Merriweather / Noto Serif JP

Unlike search engines which sent traffic to creators, GenAI extracts answers and keeps the user. Stack Overflow traffic is plummeting. Open source projects are cutting staff.

Source: [Y Brikman Blog](#) / [Hacker News](#)

## Implication

If the creators of the training data go bankrupt, the AI loses its food source.



## 判断のヒント (Decision Hint)

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Expect a shift toward 'Spotify-like' models for data or aggressive content blocking. Businesses must decide: block crawlers or demand revenue share.

# The Empire Strikes Back: eBay Bans Agents (帝国の逆襲：eBayによるAIエージェント禁止)

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Jan 2026  
Normal Operation

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Feb 2026

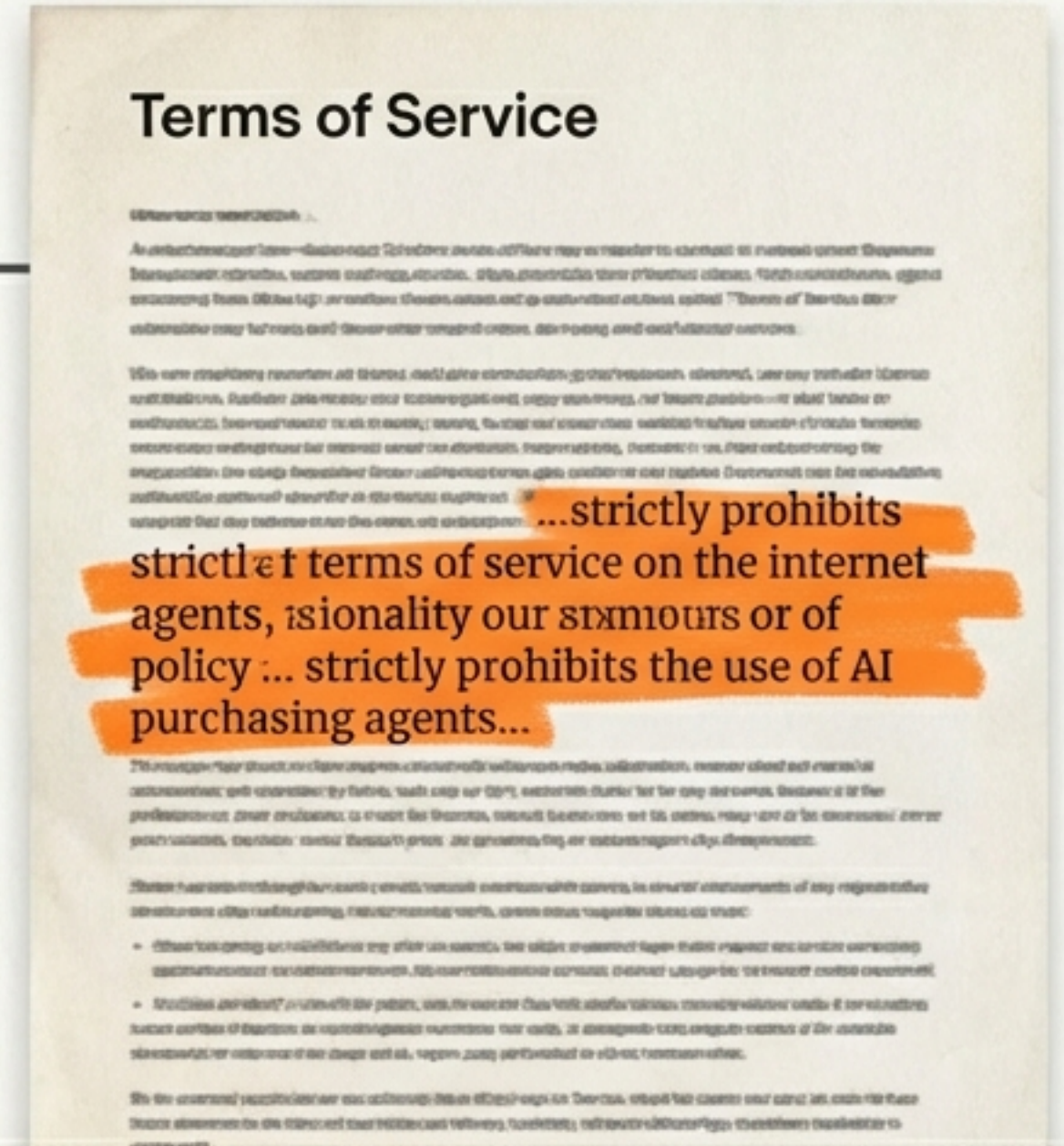
Policy Enforcement Starts

Source: Value Added Resource

Context: A preemptive strike against the “Agent Commerce” vision. eBay refuses to be a dumb pipe for bots.

The Friction:

User: “It’s my browser, I control the automation.” vs  
Platform: “Agents ruin our economics.”



## 実務メモ (Practical Note)

Developers building “Auto-Buy” agents face a cat-and-mouse game. Verify Terms of Service immediately; reliance on platform neutrality is dangerous.

# Governance 2.0: Claude's New Constitution

## (ガバナンス2.0: Claudeの新しい憲法)

Source: [Anthropic](#)

### The Shift

Moving from "Rule Lists" to "Rule Lists" to "Values & Reasons." The model is taught *why* it should behave a certain way.

### Transparency

Published under Creative Commons (CC0).



### 実務メモ (Practical Note)

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When Claude refuses a request, referencing this 'Constitution' helps understand the *why*. It is not a bug; it is a value judgment.

# The Post-Monopoly Future: Kagi & The Index (独占後の未来：Kagiと検索インデックス)

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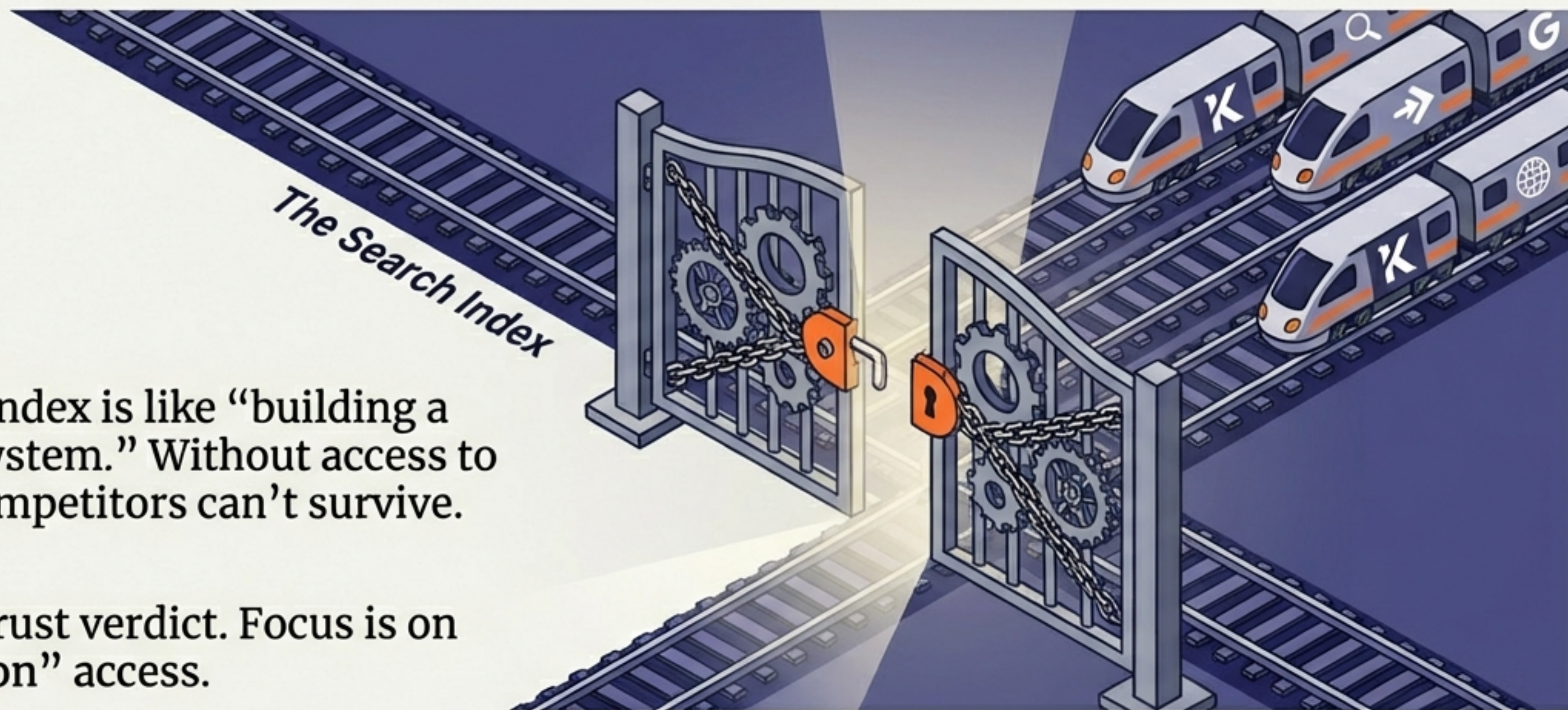
Source: [Kagi Blog](#)

## The Barrier:

Building a search index is like “building a national railway system.” Without access to Google’s index, competitors can’t survive.

## Context:

Post-Google Antitrust verdict. Focus is on “Search Syndication” access.

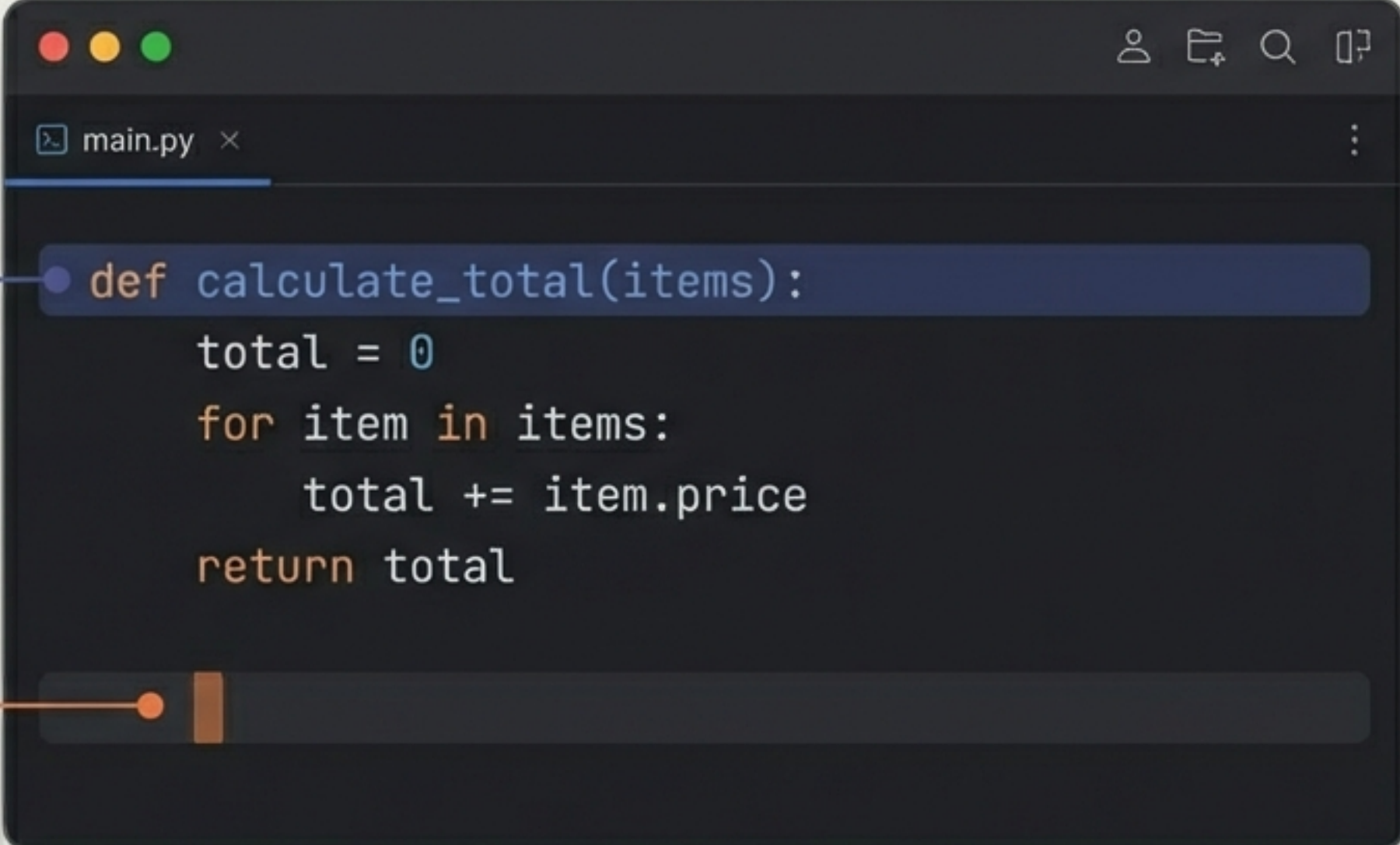


## 判断のヒント (Decision Hint)

Watch the legal remedies. If index access is mandated, a wave of specialized, ad-free search engines becomes viable.

# Tool Watch: Sweep's 1.5B Predictive Editor (ツールウォッチ：Sweepの1.5B予測エディタ)

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The screenshot shows a code editor window with a tab labeled 'main.py'. The code is as follows:

```
def calculate_total(items):  
    total = 0  
    for item in items:  
        total += item.price  
    return total
```

Annotations in the image:

- Ghost Text:** A blue highlight covers the first line of the function definition: `def calculate_total(items):`.
- Ghost Cursor:** An orange dot is positioned at the end of the line `total += item.price`, with a vertical bar extending downwards from it, indicating a predicted location for the next edit.

- **Model:**  
1.5B Parameters  
(Local)
- **Latency:**  
<500ms  
(Speculative Decoding)
- **Privacy:**  
Local-first /  
No Cloud Leak

## 実務メモ (Practical Note)

Available as a JetBrains plugin. A strong candidate for enterprises forbidding cloud-based code assistants.

# The Reality of Usage: Fixes & Bans (利用の現実：コミュニティによる修正と不透明なBAN)

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## Community Fix: Claude Chill

Helvetica Now Display

**Problem:**  
Problem: Terminal flickering/redraws.

**Solution:** A community-made PTY proxy forces diff-based rendering.

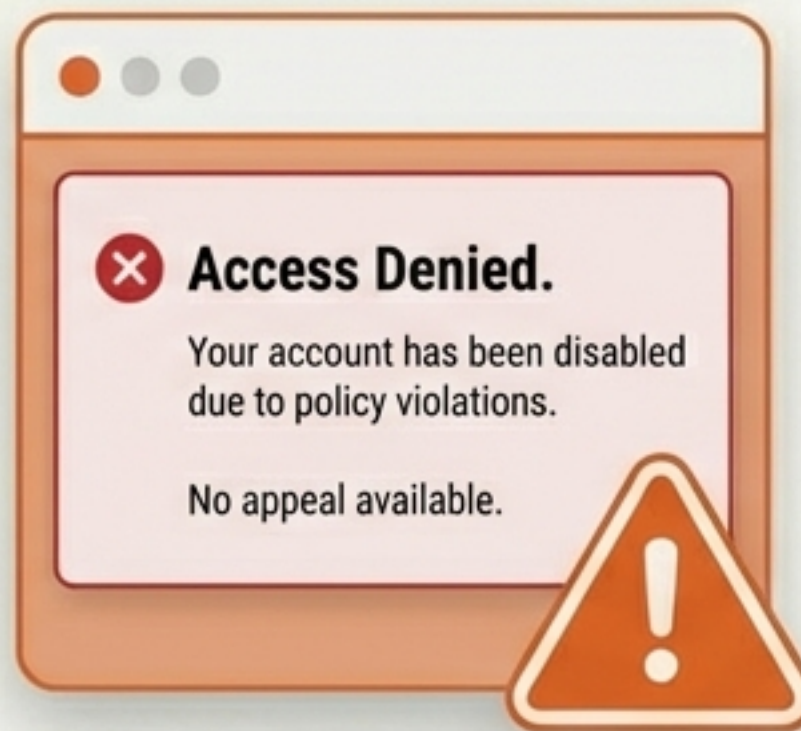
```
def calculate_total(items):
    total = 0
    for item in items:
        total += item.price
    }
    return {
        total += item.price
    }
}
```

user@claude-chill:~\$ █

Merriweather / Noto Serif JP

## Platform Risk: The 'Claude.md' Ban

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**Problem:** User banned for scaffolding a project file.

**Cause:** Flagged as API abuse / High volume. No appeal path.

Merriweather / Noto Serif JP

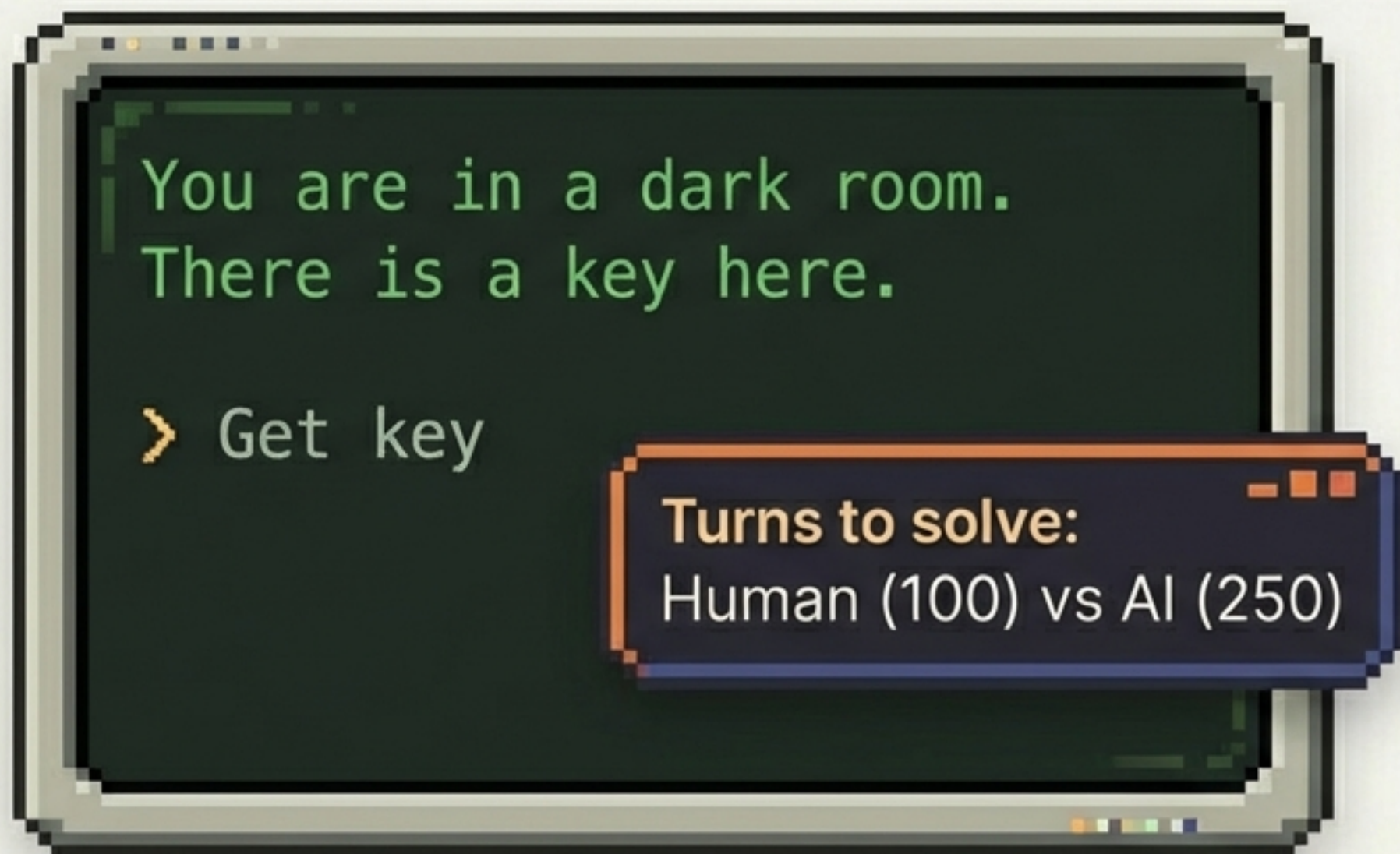
### 実務メモ (Practical Note)

Avoid tight coupling with one AI provider. Keep your scaffolding scripts throttle-aware.

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# Experimental Zone: Can AI Play Games? (実験室：AIはゲームを攻略できるか?)

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## Source:

### Anchorhead Experiment

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## The Failure:

- The AI took 250 turns to get a key. The 'Context Window' is not 'Memory.'
- Stuffing history costs a fortune and degrades performance.

Merriweather / Noto Serif JP in Charcoal

## 判断のヒント (Decision Hint)

For complex agentic tasks, do not rely on raw context windows. You need a structured, external memory architecture.

# Synthesis: Navigating the Friction (統合：摩擦をどう乗り越えるか)

01

## Protect Your Cognitive Equity

Use AI to execute, not to think. Maintain your connectivity by planning structures manually.

02

## Audit the Truth

The 'Loop of Truth' is broken (NeurIPS). Zero trust for citations; verify everything.

03

## Respect the Platform War

eBay is just the beginning. The battle between 'My Agent' and 'Their Platform' will define the 2026 economy.

04

## Embrace Principled AI

Move from rule-based safety to value-based safety (Anthropic).

**"The tool's value depends not on what it generates, but on what you retain."  
(ツールの価値は、何を生み出すかではなく、あなたが何を保持するかで決まる。)**