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The AI that listens to you throughout the day already exists. What it cannot hear is what you think



Illustration: MIAH Industries

Did you know there are already AI devices designed to listen to you throughout the day, and models that can listen to you and watch you while they talk with you

This is not science fiction. Some are already on sale, others are being tested, and others are still in development.

THE NEWS

On May 11, 2026, Thinking Machines Lab presented a research preview: an AI model that listens, watches and reads at the same time.

Thinking Machines Lab is the company co-founded by Mira Murati, who until September 2024 was the Chief Technology Officer of OpenAI, the company behind ChatGPT. It was publicly launched in February 2025.

According to the company, its new model does not wait for you to finish speaking before it answers. It listens while it talks and can step in based on context, without waiting for a new question. In the company's own audio test, it recorded a response latency of 0.40 seconds.

In May, the company announced a limited-access phase and said it expected to expand access during 2026.

And it is not the only one. OpenAI is developing a device with Jony Ive, who led the design of the iPhone. According to press reports, it would have no screen. According to court filings cited by the press, it would not reach customers before the end of February 2027.

WHAT ALREADY EXISTED

Bee, by Amazon. It is a device worn on the wrist or clipped to clothing. It captures and transcribes the day's conversations and turns them into summaries, reminders and to-do lists. According to Amazon, it processes audio without storing it. Amazon bought the company in 2025 and in October 2026 introduced two new devices: Bee Frontier and Bee Eclipse.

Meta's glasses. According to a Financial Times report from July 2026, Meta was testing prototypes with a feature called "super sensing": glasses that listen continuously and take photos every few seconds. According to that report, its executives were considering not turning on the recording light during that feature. The plans could change.

WHAT SCIENCE SAYS

In 2024, Anil Doshi and Oliver Hauser published an experiment in Science Advances with 293 people who wrote

short stories. On average, those who received ideas from an AI model wrote stories that were rated higher. But those stories were more alike.

The improvement was concentrated among those who were less creative at the start. And the stories as a whole became more similar.

HOW IT WOULD WORK

Many AI assistants work in turns, like a walkie-talkie. You speak, the model waits, answers and waits again.

The new model is more like talking with someone who listens to you while answering. During the conversation, it receives what it hears and sees in 200-millisecond pieces and keeps building your context.

It processes the audio and video it receives, adapts to your context and can decide when to step in.

The company itself showed an example: translating live while someone speaks.

Listening through audio and video, in theory, it can keep supporting you.

MY READING

If an AI listens to you all day and always offers you "the best option," I believe it ends up deciding for you. And I worry that this best option will tend to be similar for everyone who uses the same model.

The study observed something like this on a small scale, with stories. My concern is that the same happens with everyday decisions.

The risk is not that we become identical, but that we all move in the same generic direction. An AI model that accompanies you all day may end up correcting everyone in the same way.

Its suggestions for decision-making may stay superficial, because it does not know what the person is thinking or what they want. Its feedback depends on what it sees and hears, how it was trained and how it is configured.

Is this a new form of cognitive offloading, or of cognitive surrender?

I believe this makes it easier to fall. Because AI can capture what you do and your conversations, but it cannot read your thoughts or know for certain what you want or your real communicative intention.

It captures part of the context, but it does not know for certain what other people will answer you.

And current models make mistakes. Even with memory, they can leave out information and get things wrong.

Collecting all the information of your day does not mean it will be used only for you. Depending on the service and its terms, that data may be reviewed or used by other people. That is what is worrying.

And it has already happened. According to an investigation by the Swedish newspapers Svenska Dagbladet and Göteborgs-Posten, workers at Sama, a Meta contractor in Kenya, said they had reviewed recordings from its glasses that included intimate scenes. In March 2026, a class action lawsuit was filed in the United States against Meta over the privacy promises of these glasses.

Because even if you give it your full context and it listens to you all day, it does not hear your thoughts.

It does not know what you learned from a conversation, what hurt you, what you decided or why, unless you tell it. That is why I propose the Contexto Maestro, a Master Context, even for the AI that hears everything: a document where you decide what context you give it.

The difference is simple. The AI that listens to you all day captures a lot, and you did not choose what. With the Master Context, you decide what you tell it. That is privacy: being able to choose.

THE CHALLENGE IN CHILE

There is something else we need to look at: the people nearby.

In Chile, Article 161-A of the Criminal Code penalizes anyone who, without the consent of the person affected, records private conversations in private premises or in places not freely open to the public, except for the exceptions set by law.

That is where it collides with reality. A device that listens throughout the day can also capture the people around: in an office meeting, someone else's home or a medical office. Those people did not necessarily give permission.

These devices, such as Meta's glasses, already have users. But in Chile, using them in certain places may collide with a law that protects private life. And the problem is not only legal, it is practical. Who gives notice? How do you ask for permission from every person within reach of a device that listens all day?

That is the challenge for Chile and for the world: how to apply the rules that protect private life to devices that can listen throughout the day.

WHAT MUST BE GOVERNED

The challenge of AI governance is no longer only what the machine does. It is who governs what the machine observes: being able to turn it off, having it step in only when asked, showing several options instead of just one, and letting the person decide what is observed.

An AI that never stops listening to you needs someone who never stops governing it.

If AI chooses the best option for everyone, the only option truly yours is to think differently and go against what AI is saying generically. And that contradicts the very reason AI exists.

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AI Governance

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