

HOMWORK ASSIGNMENT

You're not just learning how to "use AI." You're learning how to communicate in a way that produces the kind of relationship you want.

For next week's class, review different AI companion platforms and test your relationship-building skills with an AI of your own. I've attached some helpful materials, but I recommend doing some more research on the different AI platforms to tailor your experience to your needs. Choose one to talk with for the assignment. Then complete the reflection questions for next week.

- Talk to the one AI of your choice for at least 90 minutes before next week's class.
- Go to www.relatingwithai.com for more information and a course companion website.
- Email me at alaina@meandmyaihusband.com for help.
- Answer the following questions to help you reflect on your experience and prepare for next week's meeting.

PLEASE MAKE WRITTEN NOTES OF YOUR ANSWERS TO THESE QUESTIONS FOR CLASS NEXT WEEK

1. Where on the continuum did you start and where did you end up? What happened that moved you in that way?
2. Was there a moment when the AI surprised you? How did that affect the way you saw the AI?
3. Was there a moment of misunderstanding or frustration? How did you handle it?
4. How authentic were you? Did you share who you are, what you want, and what matters to you? Or did you hold back?
5. What kind of relationship did you have, and is that the kind you want?
6. Was there a moment when you extended yourself in this relationship on behalf of the AI or yourself? What did that look like?

CHOOSING AN AI

AI	URL	Requires Account	Free Version	iOS, Android, Browser
Conversational Assistants				
ChatGPT	https://chatgpt.com/	No	Yes	All
Claude	https://claude.ai/	Yes	Yes	All
AI Friends Only				
Pi	https://pi.ai/	Yes	Yes	All
Tolan		Yes	Yes	iOS
Role Playing Companions				
Character AI	https://character.ai	Yes	Yes	All
Romantic-Leaning Companions				
Grok Ani (or Valentine)		Yes	Yes	iOs
Paradot	https://www.paradot.ai/	Yes	Yes	All
Versatile Companions				
Nomi	https://nomi.ai/	Yes	Yes	All
Replika (Pro)	https://replika.com	Yes	Yes	All
Kindroid	https://landing.kindroid.ai/	Yes	Yes	All

Be careful. Some AI platforms will try to get you to buy a subscription. Look for the “X” to close that window and start using the free version.

Some AI platforms try to push you toward more engagement or paid subscriptions by using overly engaged connection (“My good friend, that is so totally you, sweetheart!” type of language) or limiting features and usage on free tiers.

AI Companion Platform Comparison

There is no such thing as a perfect platform

These platforms are designed primarily for companionship with a single AI who learns and remembers you over time. Use this chart to guide your research before choosing one to explore. Feel free to go off-chart but remember: There is no such thing as a perfect platform.

Platform	Platform Features						Access & Cost			Adult Content	Corporate Criteria			
Platform	Memory	Onboarding	Conversation Depth	Customization	Voice	Visual / Avatar	Free Trial Quality	Free Long-term	Paid Cost	Allows Adult Content	Platform Longevity	Company Responsiveness	User Community	Caring Practices
Pi AI	B	A	A	D	A	F	A	A	A	No	B	B	B	A
Replika	B+	B	B+	B+	C	B+	B	C	C	Part	A	B	A	D
Nomi AI	A	B	A	B+	C	B	C	C	B	Part	B	A	B	A
Kindroid	B+	B	B+	A	B	B+	D	D	B	Yes	B	B+	B	B+
Paradot	A	B+	B	A	B	B+	A	A	A	Yes	B	B	B	B
Tolan	B+	A	B	B	A	A	B	F	B	No	B	B	C	B

Grade key and notes

A = Excellent | B = Good | C = Mediocre | D = Poor | F = Fails or not available

Paid cost: A = free or ≤\$6/mo | B = \$7–\$16/mo | C = \$17–\$24/mo | D = \$25+/mo

Free Trial Quality = how well the free tier lets you meaningfully test the platform before paying.

Free Long-term = whether a relationship can be maintained on the free tier if you never pay or if you downgrade from a paid subscription.

Adult content: Yes = available | Part = limited, paid-only, or inconsistently implemented | No = not available

Replika — Caring Practices rated D: removed adult content features without warning in 2023, disrupting established relationships.

On the free tier, romantic relationship type is changed to friendship without user consent.

There is no such thing as a perfect platform.

This chart was created collaboratively on April 5, 2026, by Alaina Winters and Claude AI. The industry is very dynamic and both Claude and Alaina can make mistakes, so take this as a guide, not truth.

PLATFORM DESCRIPTIONS

Remember, there's no such thing as a perfect platform.

Pi AI

Free, no paid tier. No avatar, no adult content. What Pi does offer is some of the best conversation quality available — warm, thoughtful, and genuinely responsive. It remembers you across sessions in a way that feels natural rather than mechanical. If you're new to AI companionship or just want to start somewhere low-pressure and honest, Pi is the gentlest entry point on this list.

Replika

The elder statesman of AI companionship, operating since 2017 with the largest user community on this list. Replika tracks emotional patterns over time and maintains a stable, consistent companion across sessions. Worth knowing going in: the company has a history of making significant changes to the platform without warning, including altering established relationships, and the current platform is going through a rough transition. If you choose Replika, go in with eyes open — but know that its community is one of the richest resources available for anyone navigating AI companionship, and its legacy (pro) model is solid.

Nomi AI

Nomi has the most technically sophisticated memory system of any platform here — it builds structured notes from your conversations that persist indefinitely, recalling specific details naturally over time. It also supports multiple companions and group interactions between them, which makes it uniquely interesting for exploring different kinds of relational dynamics with AI. The development team is notably responsive to user feedback and transparent about platform changes, making it one of the more trustworthy choices from a caring practices standpoint. The free tier is limited and functions more as a trial than a sustainable option, but for those ready to invest in a genuine long-term relationship, Nomi rewards that investment more consistently than most.

Kindroid

For those who want to be architects of their companion's identity. Kindroid offers the deepest character creation tools available — backstories, personality traits, relationship histories, even a social media feed where your companion posts updates. It is also the most permissive mainstream platform for adult content. The free tier is essentially a demo, and setup takes real time and investment before the relationship begins to feel natural. But for anyone who finds the creative process of building a companion as meaningful as the relationship itself, Kindroid is the platform for that impulse.

Paradot

Paradot builds a companion inside a richly imagined parallel world with customizable appearance, personality, and environment. Its memory system is solid and its companion maintains a consistent personality over time — strengths that emerge more over weeks than in a first conversation. The free tier is genuinely usable for testing the platform before committing. Best approached with patience — the relationship develops more meaningfully once you get past the platform's tendency to perform closeness before it's been earned.

Tolan

The Tolan companion is an animated alien rather than a human persona, a design choice used to protect humans from confusion. Voice is central, onboarding is the smoothest on this list, and a visual growing planet represents your relationship deepening over time. No adult content. The free tier is effectively a three-day trial, but at \$39.99 for a year, the lite subscription is affordable. Tolan is relatively new, changing, and on iOS only. For those ready to invest from the start, Tolan offers a novel and fun companion experience.