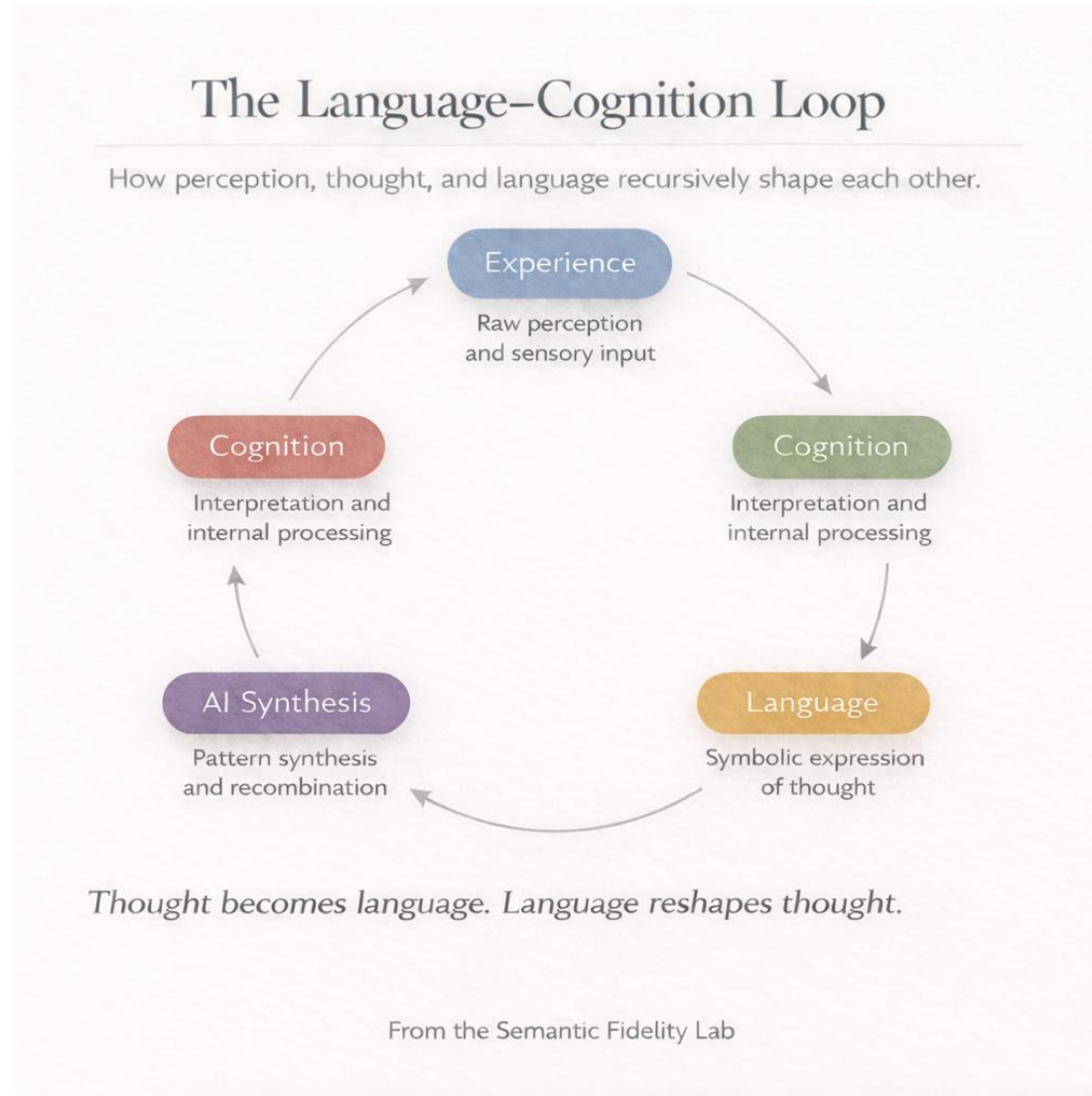


# How AI Changes Human Thinking (The Language–Cognition Loop)



Language expresses thought, but it also changes it. The moment an idea is put into words, it takes shape through those words. With AI, part of thinking now happens outside the mind, as language is generated, reflected back, and worked through again. Thought is continuously shaped by the language it creates and engages with.

**Keywords:** *AI cognition loop, human AI feedback loop, co cognition AI, language and thought AI, externalized cognition LLM, AI cognitive effects, thinking with AI systems, recursive language models cognition, human AI interaction loop, semantic feedback loop AI*

**Reference:** [Semantic Fidelity Lab Substack](#)