The Hidden Dangers of Using AI to "Vent" During Divorce

Services

Family Law

- Divorce

By Thomas J. Cleary on February 4, 2026

Divorce is often a lonely and stressful process, and for many, AI programs can feel like a good way to work through some of those negative feelings. Doing so may make you feel better, but the reality is that it can open you up to countless problems. If you are having trouble managing the frustrations that often come with divorce, the Massachusetts family law attorneys at Cohen Cleary, P.C. can advise you on the hidden dangers of using AI in this way and safer resources that can benefit you instead.

Why More People Are Turning to AI During Divorce

In the modern world, AI can seem like an almost magical solution for any kind of problem. It seems like a simple enough task to ask it to generate or proofread documents that might otherwise cost you hundreds or thousands of dollars to have an attorney handle. In many cases, it seems like a reasonable and faster option.

Can AI Help With Divorce?

Technically, AI can help you with a divorce by reviewing documentation or validating your thoughts and feelings about the situation. However, it is unlikely to help you efficiently or protectively. AI can only provide information based on what you tell it, which can lead to significant barriers, gaps, and misrepresentations in its suggestions.

The Biggest Risks of Relying on AI During Divorce

It is becoming more commonplace for individuals to use AI platforms to support them through their divorce. Sometimes this results in a false sense of security, as many people report feeling totally comfortable with using AI to help them create or review documents that an attorney would otherwise handle. Without a thorough evaluation of your situation, relying on legal documents to adequately protect you is dangerous.

Digital Records and Discovery in Family Law

One of the things that most attorneys will suggest is that you keep discussions about your case to a minimum, and especially keep it off the internet. While many people think that using AI to generate ideas for strategy or guidance is helpful and even believe it's protected by attorney-client privilege, this is often not the case.

The opposing party may be able to obtain those records and gain insight into your thoughts and strategy, giving them an advantage they would not otherwise have. Your communication with AI is rarely protected. You should expect that anything you say to it will come out in court.

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Safer Alternatives to AI for Managing Stress and Getting Guidance

Dealing with a divorce can be stressful and lonely. We understand that many people feel the need to connect with someone else and feel seen, heard, and validated. Our team will always advocate for and guide you through your divorce. However, we also encourage our clients to find a strong support system of their own. Some of the safer alternatives to AI for managing stress and getting guidance in a divorce include:

- Talk with your attorney about your concerns regarding your case or strategy
- Work with a therapist or counselor who can help you navigate some of the stresses and feelings this process may bring out
- Find a local support group to help you build a community and find others dealing with something similar
- Confide in friends or family members you trust

Some people will make it through a difficult divorce by simply leaning on their friends and family, but there is no shame in seeking professional support if this isn't enough. Many counselors or therapists who work within the world of divorce can help you process your feelings of grief for the life you're leaving, and help you establish a plan and skills for the new one you're building.

How to Protect Yourself If You Already Shared Sensitive Information With an AI Tool

If you have already shared important information with an AI tool, there are a few things you can do to protect yourself moving forward, though the primary task is to stop using the tool. Next, you should speak with your attorney and notify them of all of the information you shared so they can prepare for any potential fallout. Additionally, you may want to review the privacy policy of the platform you used to see which situations may leave you vulnerable. Last, try to clear any stored conversations or history in the platform.

When AI Venting Becomes a Safety Issue

Most people think of the dangers of AI as a general threat to the quality of their case. However, for survivors of domestic violence or abuse, using AI for things like safety plans or to help you organize your thoughts to build a plan to leave can be physically dangerous.

If the other party pulls these records or becomes aware of your conversation, they have all of the sensitive information that tells them where you'll be and how you plan to stay safe from them.

Survivors are the most at risk in the 18 months following separation, and it is imperative that you keep safety planning private and between yourself, your attorney, and individuals who are key to the plan.

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Talk to a Massachusetts Divorce Lawyer to Protect Your Rights

The Massachusetts divorce attorneys at Cohen Cleary, P.C. understand that divorce is difficult. We are here to advocate for your interests throughout your divorce, and we want you to have a safe support system to help you manage the stress of the process. Call us today to schedule a case consultation and get the information and guidance you need.

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