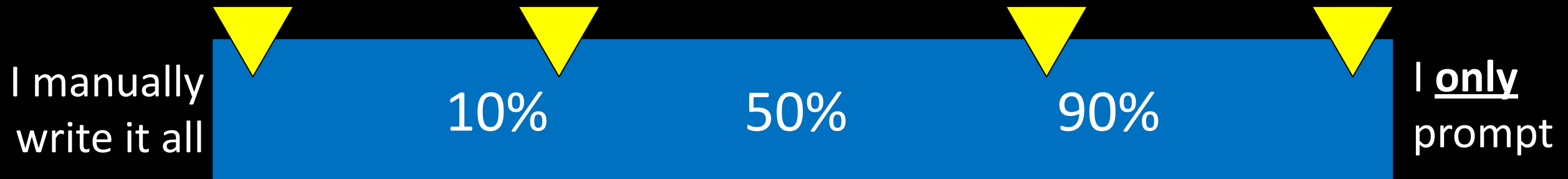




Psychology of Code

== in the age of AI ==

How much of the code you push is AI-generated? 🖐️



"it depends" + #empathy

Simon Willison's prediction by the end of 2026,
AI will write 95% code for 1/2 of developers worldwide.


AI Tooling Now



- CHOP = Chat(GPT)-Oriented Programming
- IDE plugin: Copilot ...
- CLI/IDE: Claude Code, Codex, Cursor...

AI Onboarding



- Added ≥ 1 line to CLAUDE.md or SKILL.md
- Spec-Driven Development by default
- Approved 1+ AI-bugfix PR w/o opening your IDE
- Agentic Flows: architect > coder <=> reviewer
- Dark Factory– we don't even read  the code

Victor Rentea in

▶ 18y of Coding, Java Champion 🏆, in 'AI Psychosis'* 🤪

▶ 10y of Training



at 150 Companies in



...

▶ 100+ Talks on YouTube

▶ victorrentea.ro/community

▶ Life +=



agentic.how



*as defined by Andrej Karpathy in his 'Skill Issue' interview

Private Code Ownership

Watch out,
you're editing Darian's code !!



Code Review!

```
import java.util.*;
```

```
Boolean isEmpty(List<String> list)
{
    for (var s : list)
        if ("".equals(s)) return true;
    return false;
}
```

- {
- ~~Don't import *~~
- boolean primitive
- Streams !
- Use s.isEmpty()
- Tabs or spaces?

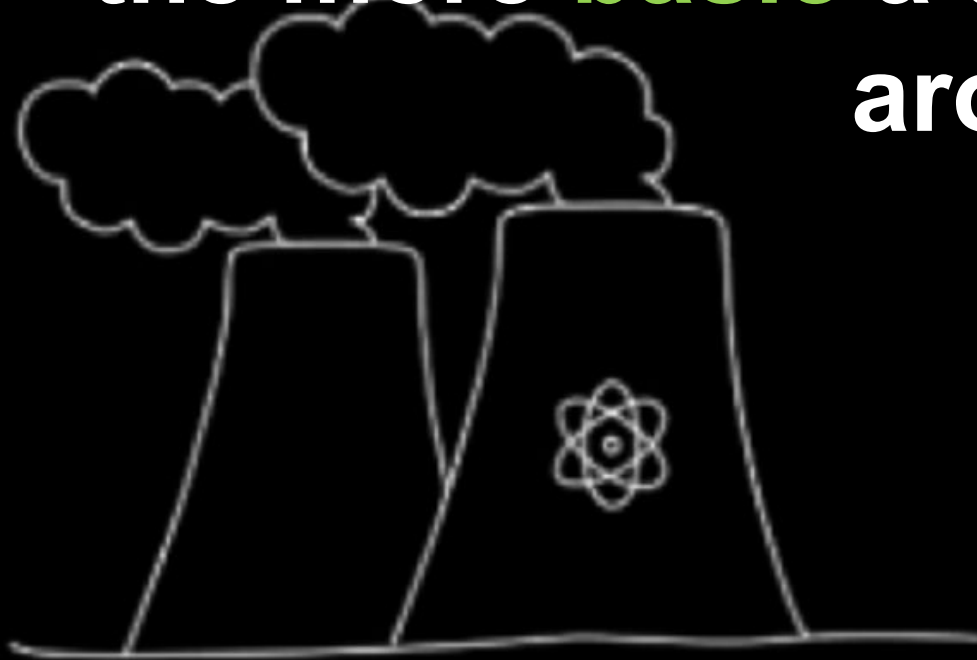


That **Was** Our Comfort Zone



Bike-Shedding

= the more **basic** a topic, the more **debates** around it



Nuclear plant
cost: \$28,000,000
discussion: 2,5 minutes



Bike shed
cost: \$1000
discussion: 45 minutes

Shift up from Code Crafter to Problem Solver



Let Go!
Unlearn!

Good Enough ≠ Careless Code

"💩 IN ⇒ 💩 OUT" Principle

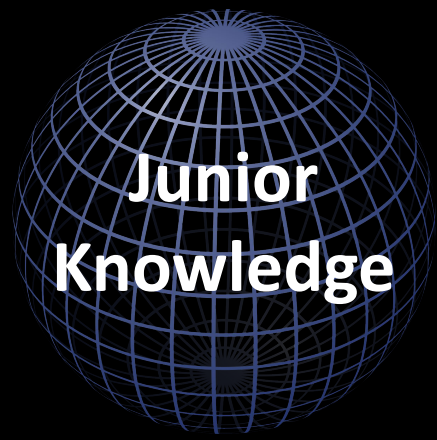
90s style code ⇒ AI generated SQLi 📺

⇒ Kick-off a new project giving AI as Example 🥰
an Impeccable Sample Spike

the unknown

mental- &
volition-expensive.

Before AI



Junior
Knowledge



Senior
Knowledge



larger contact surface

**The more you know,
The less you feel you know**

the unknown

Epistemic Dopamine



"Let me check one last thing"

-- at 00:20 🌙

Gruber fMRI studies in 2009, 2014

Curiosity is the only addiction

Evolution wanted us to have

Curiosity **Exploits** **is the** **action**
YouTube 'guides' teaching nothing
Evolution  "You got a "
Pull-to-refresh
doom-scrolling
to have

Your brain rewards
the feeling you learned something new.

Close the laptop!

Can you *explain it* in your own words?

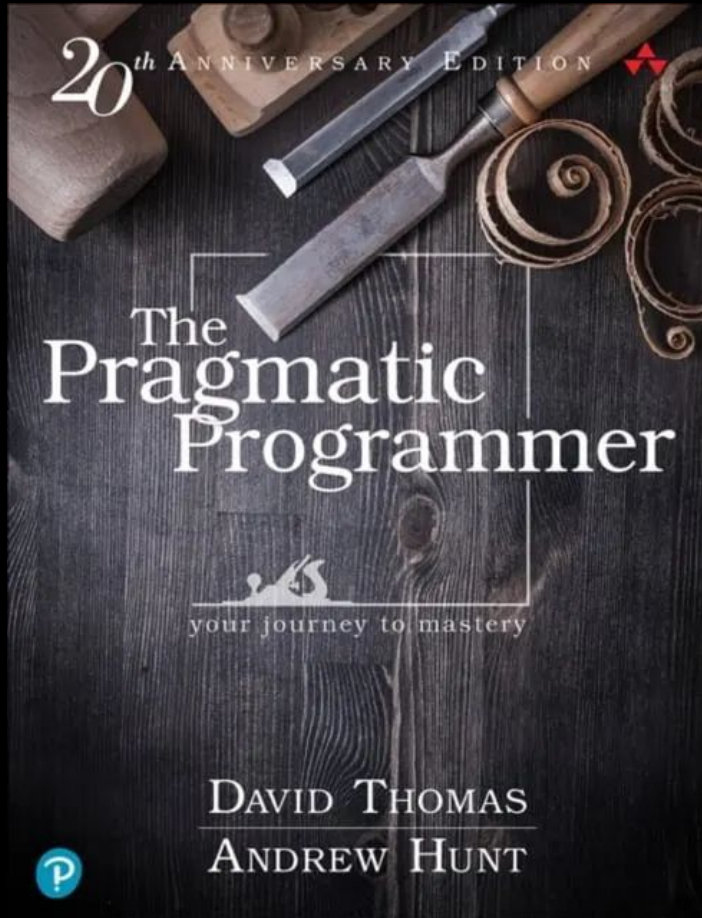
... *to a friend?*

for +1000 pts ★

You can externalize your **thinking.**

**But you can't externalize
your **understanding**.**

Deliberate Learning



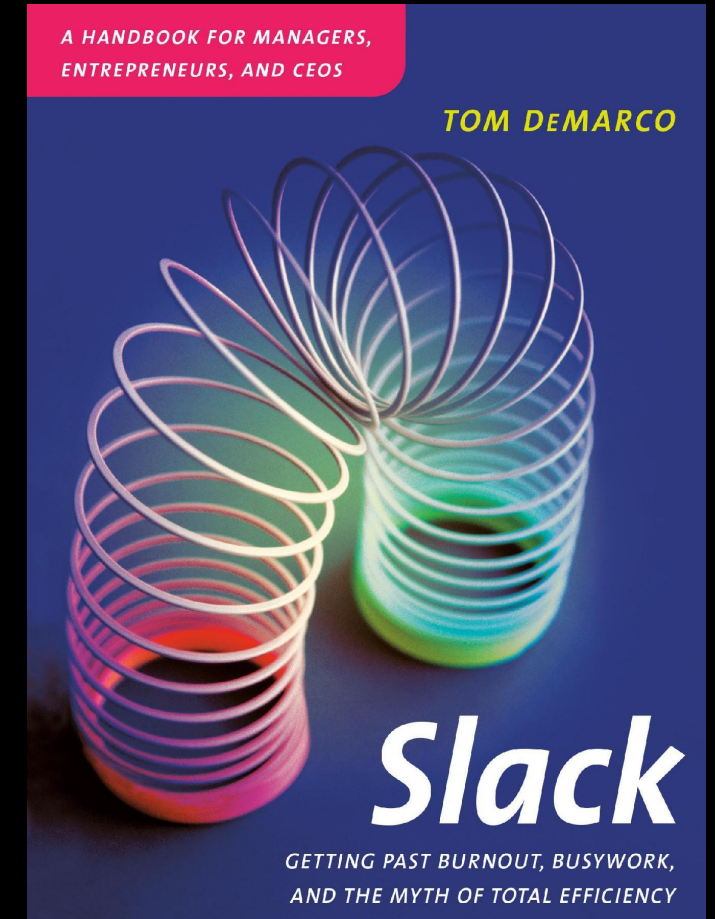
1999

Sharpen Skills

Automate Chores

Study Fundamentals

Improve Your Flow



Deliberate Learning

AI – explain it to me with analogies.

/output-style explanatory (Claude)

Quiz me to see if I got it!

Scaffold me a Kafka demo I can play with

NotebookLM.com

Be a 10x Learner
before a 10x[?] Coder

The Builder's Itch

Mastery, autonomy, purpose – Daniel Pink

Desire to be remembered. – Coco Disney movie

Will to do good.

Want to start your own gig \Rightarrow First learn to sell!

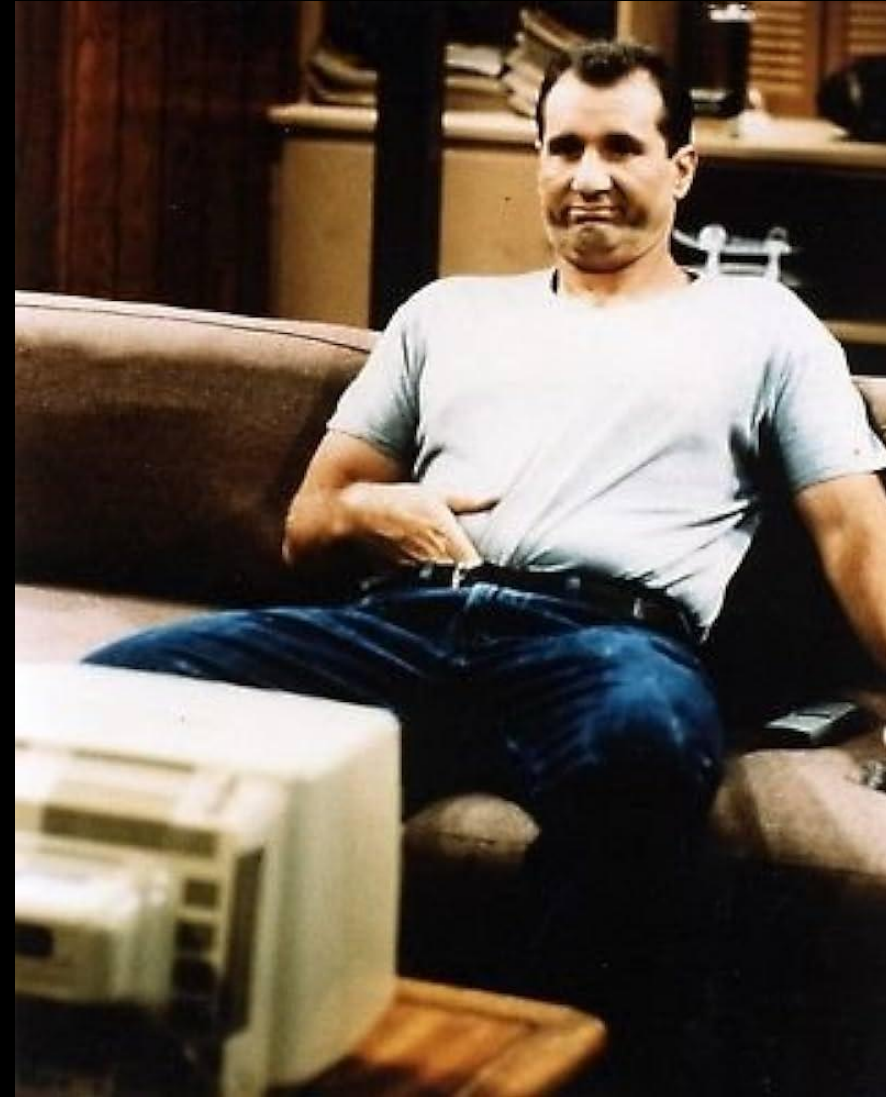
Agency Depletion

agency

/ 'eɪdʒ(ə)n(t)si /

**capacity to take action,
exert power,
or make choices to
achieve an outcome.**

– drained by your agent swarm



"Work-trees" ⇒ You need help



Backlog of Repressed Pet Projects (long forgotten love stories)

Vibe Coding

Fully give in to the **vibes**,
embrace **exponentials**, and
forget that the **code** even exists.

- Andrej Karpathy, Feb 2025

Vibe Coding

Random, rare, wins,

Sometimes spectacular 🤩

One more prompt will nail it! 😮

Awaiting anxiety 😞

Vibe Coding



Addiction Engineering in Gambling

https://youtube.com/shorts/u2HBw_3Jt4

What makes Vibe Coding Addictive

Variable rewards — sometimes the prompt nails it, sometimes it's garbage, sometimes it's almost right and one more try will fix it.

Tight loops — seconds between intent and output.

Progress theatre — diffs, passing tests, agent narrating their own brilliance.

Loss aversion — "you've already invested 20 prompts, just one more."

"I'm being productive" — you can't even use "I wasted my evening on TikTok" as a corrective signal, because look, the feature works. . .

The **skill atrophy** and the **missing mental models** only show up weeks later, when something **breaks** and there's no one in the room who can reason about it.

The honest test is the same as before: close the laptop, can you explain what the system does and why, in your own words, without the model?

If not, **you weren't coding — you were pulling a lever.**

AI Psychosis*

Vibe Coding your Pet Project.

- Barely sleeping
- "Gotta' burn my quota"
- Best game I ever played.

★ THE Fastest way to AI-convert yourself.





*as defined by Andrej Karpathy in his 'Skill Issue' interview

Escaping AI Psychosis

- Burn down your **backlog of repressed pet project.**
- Say NO 🚫 to the next vibe – "I don't NEED it!" 🖐️
- 23⁰⁰ Curfew
- Clean & Stabilize your Vibe project (can you?)
- Apply lessons learned to the office
- Replace dopamine source 👉



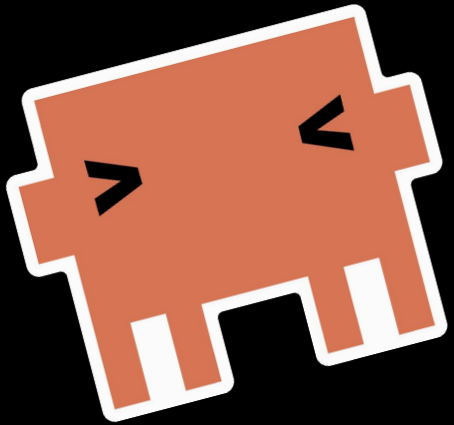
Burnout or Work Less?

-  ≤ 2 parallel tasks with ≤ 1 deep, for ≤ 2-3h
- Work 2-4 h/day? – Steve Yegge in [AI Vampire](#)
- Multi-tasking ⇒ **illusion** of productivity!
- Is it **ethical** to juggle 3+ tasks in parallel at work?
- Are you sure you can **remember all 3**?
- Or are you **fatigue-igtm** them? 

Fatigue - LGTM

Claude asked me something and I said "ok 🤪"
"

at 18:30 after 7 hours of steering 2 parallel agents
🧠 brain stamina $\approx 0.1\%$



Fatigue - LGTM

Avoid by:

- ✓ **Pre-think it** = 5 min warm-up
- ✓ **AI Brainstorming** = ask me 1 question at a time...
- ✓ **Pair-review** the deep-thinking (eg: design) spec
"300 lines of markdown is AI just clearing its throat."

--Steve Yegge

AI Mental Alignment

Short Prompts

Neglected AI





Speak Up

Background, Stories, Journeys, Examples (Give or Ask)



Dictate prompts with **WisprFlow.ai**



Force yourself to

Articulate Ideas & Instinct



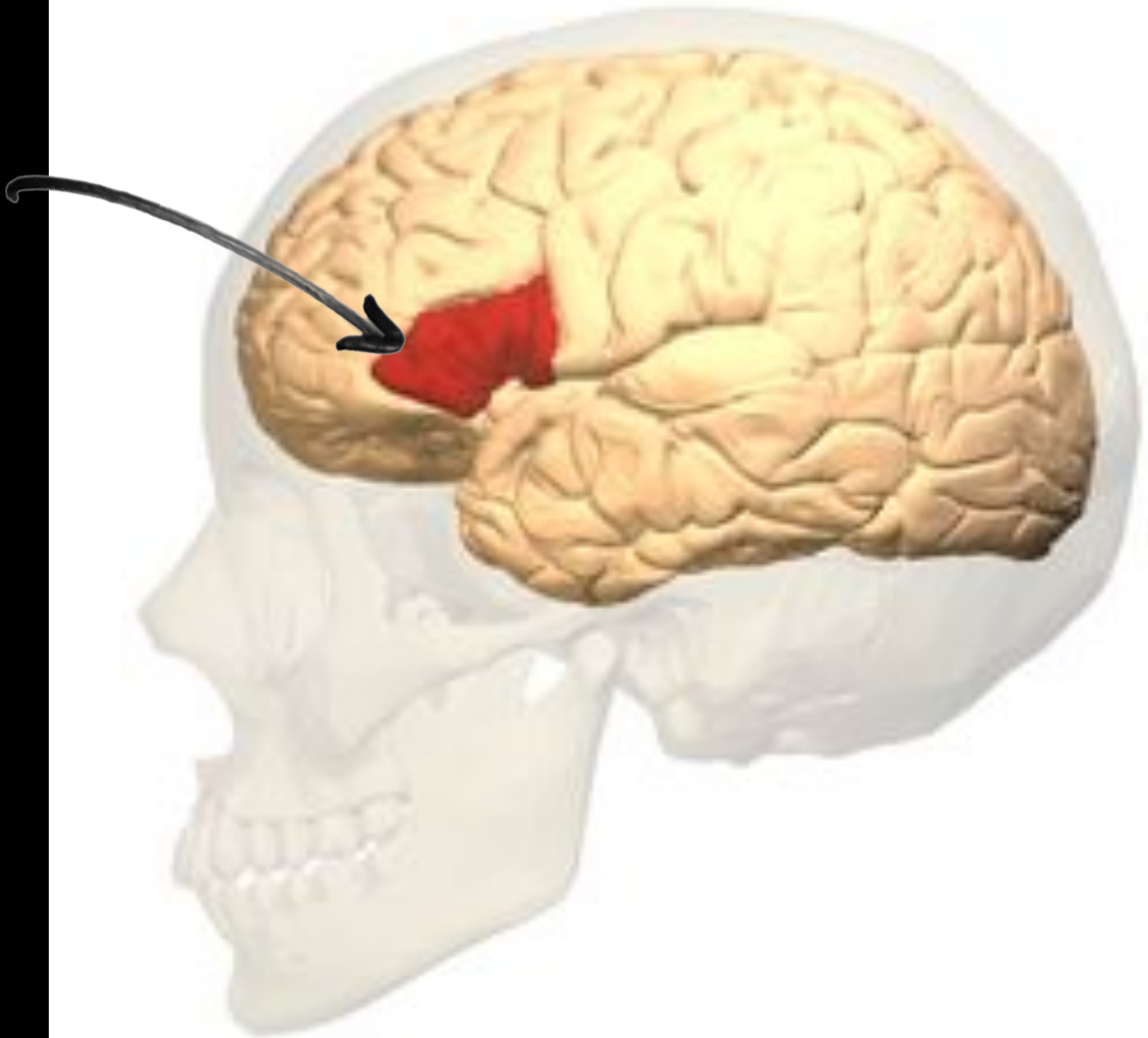
This can be x-hard for a dev/pr

Broca's Area
speech
function



atrophic

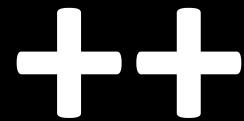
in developers



What does a dog 🐶
and a Polytechnic CS student
have in common?

They both have an intelligent gaze.
But are unable to express 😶.

Communication Skills



**You are not
the tech expert anymore!**

**Accept it
!**

Tech Manager Challenges

(≈ 2026 Engineer vs its Agent Swarm)

Sycophancy – You are so right! 🙌

Lies – All tests pass ✅. Truth: 20% fail 😱

Premature Fixation – I found the bug!

/systematic-debugging in
obra-superpowers ❤️

Confident Hallucinations – aka "🐂💩"

Manage Risk – Implementation 'Choke Points'

Mental Alignment – Ubiquitous Language...



AI Steering

AI – Fails or

How do you handle it?

Spirals 

a) You stupid ... 

⇒ sycophancy  

b) Make AI see its flaw 

⇒ Calmly Ask AI open questions: Explain to me...

⇒ Focus its attention ⇒ Found

⇒ Fix in memory/skill the root cause (*Vibe Heresy*)

When AI fails,
the reason sits between
keyboard and chair.

If you can't **single-shot** it,
improve your prompt,
context, or model.

AI Cognitive Load

Endless Conversation



- **Attention Dilution** ≥ 85 rules
- **Dumb-zone** at context $\geq 65\%$ full
- **Auto-compaction** at 100%



Plan Mode



Analyze



Write a **plan.md** file on disk



Implement

without loosing details

Endless Conversation



- **Attention Dilution** ≥ 85 rules
- **Dumb-zone** at context $\geq 65\%$ full
 - **Auto-compaction** at 100%
- **Selfish** – conversation **not shared** with team

Spec-Driven Development

with Superpowers, OpenSpec, SpecKit, Kiro, GSD, BMAD



fatigue
LGTM

Review and Commit:

1. Requirements
2. Design
3. Tasks [] --> [x]
4. Generated Code ⚠️

... at least until 50 🤔 consecutive PRs in that Git repo
that the team can't agree on any relevant issue



Patience!

Baby-spoon project knowledge to AI
 \approx human-RL

Grow your

Junior AI $\Rightarrow \Rightarrow \Rightarrow$ Senior AI

Project Memory

CLAUDE.md **committed on Git**
⇒ Gartner Level 2 AI Maturity 🏆

Written by:

0. granpa's stories = 80% duh, 19% taste = **DON'T** ❌
1. LLM's **/init** – 🤔 token-efficiency?
2. **Feedback from steering** (**auto-learn** ★)
4. Hand-polished with ❤️ every retrospective

.md > 300 lines ⇒ split

Context Engineering

Give AI the **minimum relevant knowledge** for the task:

- **nested context** – per subfolder: frontend/AGENTS.md
- **skills** – per task, loaded on-demand: kung-fu/SKILL.md
- ... **shared** cross-repos, cross-teams

★ auto-in-sync from central, extensible, self-improving

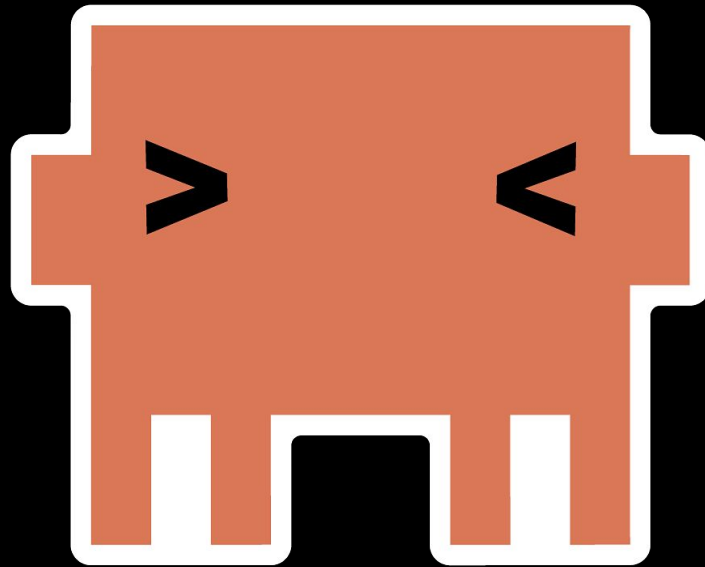
- **subagent** \approx subtask run in a **separate context / tools / model**

\Rightarrow agent orchestration: architect \Rightarrow coder \Leftrightarrow reviewer



Copilot

going token-based on Jun 1



Claude Code



GPT

CLI 

FTW

☆☆☆  **Agent Autonomy**
it works while you...

 ☆☆☆ = 5 min





 – weekend



Agent Autonomy

Requires:



- 1)  **Just-Enough Context**
- 2)  **Deep Specs**
- 2)  **Guardrails**
- 3)  **Automatic Feedback Loops** 
- 4)  **Relevant Human Checks**

A
I

Context
Project Onboarding

Specs
Task description



Guardrails

Quality & Security Checks

A
I

20% done



Auto-Feedback

Acceptance Tests , Coverage%, Latency,
...

Human
Review high-signal parts



Guardrails

- **Non-Regression**: functional tests
- **APIs**: swagger, async-api, inter-module api..
- **Code Quality**: linters, coverage%, DRY
- **Architecture** \approx Logical Structure: ArchUnit, C4..
- **Supply Chain**: dependencies, npx foo/latest
- **CODEOWNERS**: +1 Human-In-The-Loop

 To test them, ask an Opus to escape them 

Automatic Feedback Loops

- **Functionality**: 0...100% acceptance tests pass
- **CI/CD**: read the logs, change log level in staging
- **Fix Bug**: red-green [click-reproduce > unit test]
- **Latency**: load tests, profilers, telemetry data
- **Memory Efficiency**: take heap dump & analyze



Relevant Human

Review

- **Code Review**: start with the most critical
- **Ready-to-Click Demo**: running UI, PostMan tests
- **Diagrams**: script-kept in sync with code
- **Screenshots**: of UX tweak in all browsers + mobile

Top AI Use-Cases



!

- **Fix flaky CI tests**, speed-up tests, CI code reviewers
- **Doc-Write** the ISO stuff & user manuals
- **Reproduce bug** in a headless browser ⇒ playwright **red/green**
- **Summarize** morning meeting
- **Free-speech DB queries** ⇒ data scientists 🥰
- **AI Bot on Team's Slack** – alarms and conversation history
- **Vibe a prototype** live during user/biz meeting
- **Investigate bug** on code + telemetry + prod DB + recorded API calls
- **Fire-fight prod** ☢️ incidents ahead of on-call support 😬
- ⚠️ **Leave code-generation last?**: tackle chores first

Short History

- 2022 – 🎂 Copilot, 🎂 ChatGPT
- 2024, June 20 – 🎂 Sonnet 3.5
- 2025, Feb 2 – Vibe coding = ...forget that the code even exists – Andrej Karpathy
- 2025, Feb 24 – 🎂 Claude Code. GitHub Copilot gets "Agent" Mode
- 2025, Nov 24 – 🎂 Claude Opus 4.5 / GPT 4.1 ★ writes better code than a mid-sr.
- 2025, Nov 25 – 🎂 OpenClaw is born; Anthropic launches MCP
- 2026, Feb 7 – at StrongDM Software Factory, "we don't even read code" 😱
- 2026, Mar 26 – Mythos Model hacked OS, browsers, libs.. ⇒ Project Glasswing
- 2026, Apr 14 – I don't review code written by agents - Uncle Bob
- 2026, Apr 24 – 🎂 DeepSeek V4 Pro ≈ Sonnet (comparison) for 10% cost made in China, open-source (you can run on-prem on ~ a 500K\$ machine)
- 2026, Mar 3 – Goldman Sachs measured 30% **productivity**^{=?} gain in SWE/2025 Q4

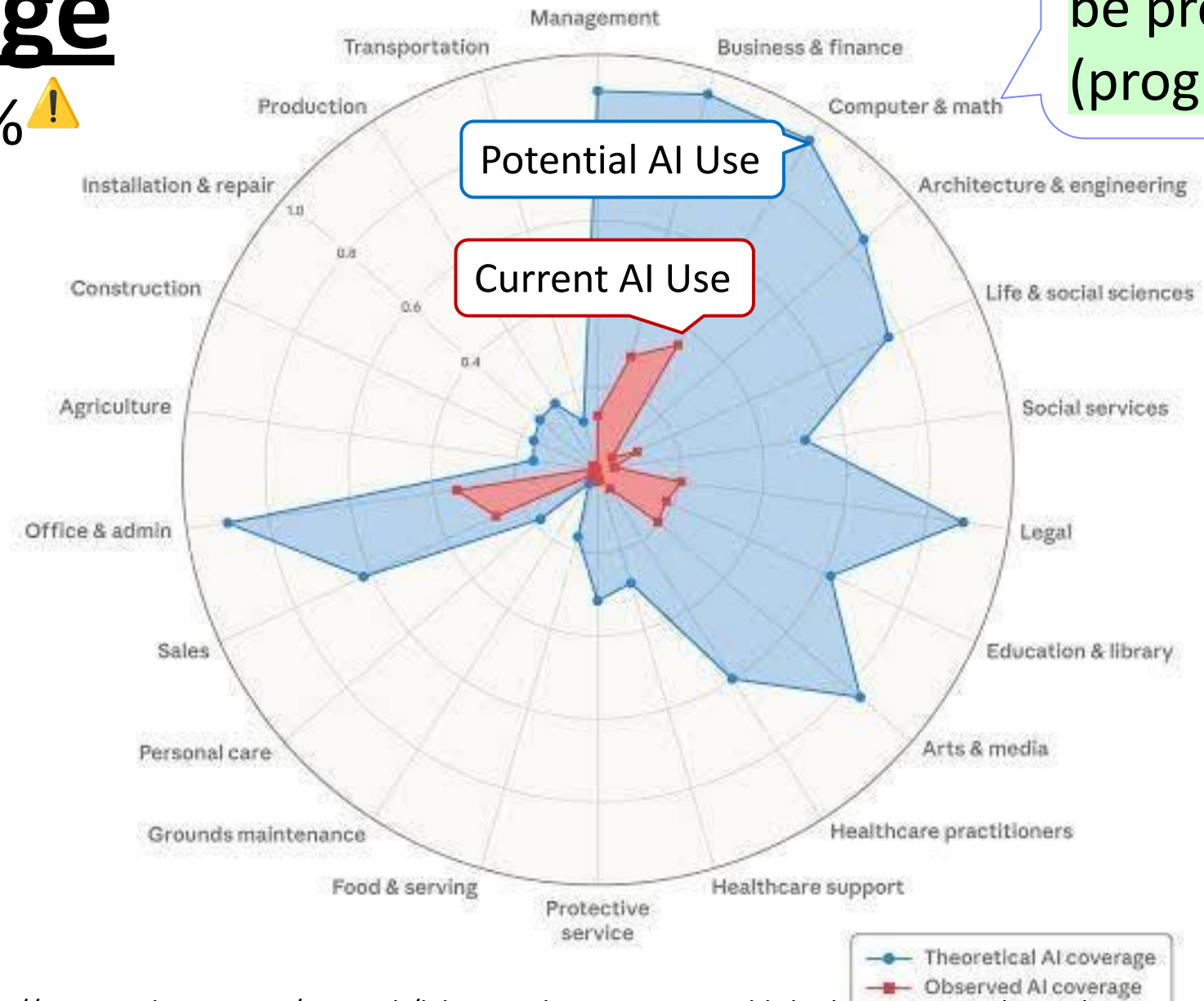
Future?

AI Usage

≠ layoffs % ⚠️

★ Solutions can be proven correct (program works)

Theoretical capability and observed usage by occupational category





(deep fake)
Future?

Credits: internal joke at one of my favorite clients I thought Clean Code last year

Why IT?

- in ❤️ with Machines + AI = 😞 😐
- in ❤️ with Problem Solving 🚀 + AI = 🚀
- in a Mortgage + AI = 😱 ☠️

When you're accustomed to privilege, equality
feels like oppression.

Malena Ernman

**The bar just dropped.
Anyone can Vibe-Code.**

The

Vibe Code fixer

Klaipeda, Klaipėdos, Lithuania

• 3rd+

Vibe-Code.

Not a Zero-Sum Game

- Can we do same with LESS? ❌ 🥾

Help business see:

- Do MORE: expand portfolio, open more markets
- Ship faster: enhance observability, CI/CD
- Increase quality: more/better/faster tests
- Experiment more: vibe prototypes
- ⚠️ Immense (and growing) velocity gap between AI and !AI Companies



VS



- 1995: Accountants using pen & paper
- vs Excel
- The spreadsheet didn't reduce their number
- But it upgraded and multiplied them
- (those that accepted the change, ofc.)



VS



ASM vs gcc



**Deterministic
& Open Costs**

Sustainability

I burned **\$3300-worth tokens** on my pet-vibe,
but **paid 90 EUR** Anthropic Max Sub (30 x less 🤔)

Higher Token Burn 🔥 ⇒ Faster AI
Adoption 😊

Local Models ftw: DeepSeek...

Do you write Unit Tests? 🖐️

Do you have QA ? 🖐️

Why?

Build an outer layer of Acceptance Tests!

Team Works

■ Team-Shared Token Budget

- Q: Victor, *how* did you burn 80% of the entire teams' quota yesterday?
- A: Mistakes, Experimentation, Learning

■ 1-Pizza AI Pods (2-3 devs)

■ Forward-Deployed Engineers co-build with customer

- On top of stable AI-ready services

■ How to estimate ??

- In tokens? Brain%? 

Cure The AI Skeptic:
Opus-Review their code
- on CI
- their last year's PRs

2 Dangerous Extremes

1) The Skeptic: AI hype will fade

AI can't possibly replace my creativity

⇒ you miss the AI multiplier

2) The Viber: it doesn't worth learning this

AI will write everything in 2 years anyway.

⇒ deep understanding ⇒ 10x benefit

Best way to Onboard AI?

- Vibe-code your **Personal Pet Project** 🔥 + 🧑‍🎄
 - AI-convert **a friend** 🧑
 - **Automate** your chores @ work
 - **Attend my training** 👉

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Key Points

- Let go Code Aesthetics
- Learn Agentic Engineering 🖱️ agentic.how
- 10x Learner-first
- Grow into Agent Manager, UX, QA, Pen-tester, DevOps
- Chaos Control with Guardrails and Feedback Loops
- Dopamine Control



What next?

Experiment, mentor, innovate.

Help business **pivot** and **expand** with AI.

Changes will happen anyway.

Would you be a **passenger** or **the pilot**?



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People to follow with high Signal/Noise:

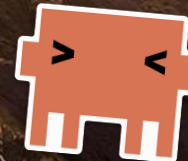
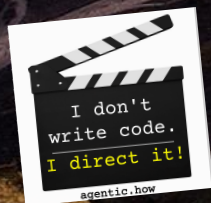
- Simon Willison ([AI State of the Union](#)), • Andrej Karpathy ([Skill Issue](#)), • Steve Yegge ([From IDEs to AI Agents](#)) • Dex Horthy ([humanlayer.dev](#))

Be the change

you want to see in the world!

- Mahatma Gandhi

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a training by

Dea

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