**Garibaldi Inn of Court TECH TIPS**

**10/9/25**

1. **Free AI Detection Tools**

**Grammarly.com**

[Free AI Detector | GPT-4, GPT-3, & ChatGPT AI Checker](https://www.grammarly.com/ai-detector?utm_source=bing&utm_medium=cpc&utm_campaign=627217706&utm_content=81707585119067&utm_term=ai%20checker%20gpt&keywordid=81707789847084&targetid=kwd-81707789847084:loc-190&adgroup=1307320473922923&device=c&matchtype=b&network=o&extension=&clickid=e04584c4d93a117c4936ec2595169116&&msclkid=e04584c4d93a117c4936ec2595169116&gclid=e04584c4d93a117c4936ec2595169116&gclsrc=3p.ds&gad_source=7&gad_campaignid=20864183994)

**Justdone.com**

[AI Detector | Top AI Checker for ChatGPT, GPT-4, Gemini and more](https://justdone.com/ai-content-detector?utm_source=bing&utm_medium=cpc&utm_campaign=486380370&utm_content=1240250207918574&utm_adset_id=1240250207918574&utm_term=ai%20content%20detctor&utm_network=o&utm_matchtype=p&msclkid=fdddc4a1ad8c176b72cfac40e1a08e9e)

1. **Free AI Humanizer Tool**

Convert AI Text to Undetectable human-like content

<https://quillbot.com/ai-humanizer>

1. **Sample Human-Generated Text**

**Why is it important for mediators to understand neuroscience?**

Neuroscience can be the key to understanding why parties act irrationally during disputes. This basic understanding also equips mediators with tools that guide decision-making, build trust, and de-escalate conflict.

The brain secretes Cortisol when humans experience conflict. Too much Cortisol affects sleep, decision-making, memory/focus, and more. Stressed individuals default to fight, flight, or freeze, and can misperceive threats. These reactions, hence, override reasoning and long-term planning. In conjunction with this, the brain has a negativity bias, which takes five positive thoughts to offset one negative. This results in parties overestimating risks and underestimating opportunities. When mediators recognize this, it prevents destructive cycles of reactions through fear.

Mediators who understand neuroscience learn how to support parties reacting from survival instincts by adjusting pace, tone, or strategy, meeting the party where they are at. The refractory state, triggered by strong emotions in which humans cannot process new information, is also identified by the mediator, allowing for a break or a shift in the discussion while making the parties feel heard, lowering Cortisol, and allowing rationality to return.

Mediators can counter negativity bias through positive thoughts, such as preserved friendships and resolution. Hence, the mediator manages the process and supports parties by making sound decisions.

In retrospect, under stress, rationality fades, and neuroscience shows the predictability of that irrationality, which is triggered by fear, our brain's negativity bias, and a compromised working memory. Attorneys and Mediators who understand this tend to be equipped to calm parties, intervene wisely, and constructively guide those involved. Integrating neuroscience allows mediators to manage the dimensions of human conflict effectively.

1. **Sample AI-Generated Text**

**Why is it important for mediators to understand neuroscience?**

Understanding neuroscience is increasingly vital for mediators because it equips them to navigate the emotional and cognitive dynamics that shape conflict and resolution. Here's how neuroscience enhances mediation:

Emotional Awareness and Regulation

* Crisis Response: When parties are in conflict, their brains often operate in survival mode, releasing cortisol and triggering fight-or-flight responses.
* Threat Perception: The brain treats emotional threats (e.g., custody battles) similarly to physical ones, activating primitive neural networks that can override rational thinking.
* Negativity Bias: People are wired to notice and remember negative experiences more strongly than positive ones. This bias can escalate misunderstandings and resistance during mediation.

Enhancing Mediator Skills

* Empathy and Emotional Intelligence: Neuroscience helps mediators understand how empathy and emotional intelligence can calm parties and foster trust.
* Mindfulness Techniques: These techniques, grounded in neuroscience, help mediators and parties stay present, reduce stress, and improve decision-making.

Cognitive Function and Decision-Making

* Executive Functioning: Rational decision-making occurs in the brain’s neocortex, but stress can shift control to more reactive areas. Recognizing this shift allows mediators to guide parties back to constructive dialogue.
* Memory and Interpretation: The brain tends to interpret ambiguous communication negatively. Mediators who understand this can reframe messages to reduce conflict

Building Connection and Cooperation

* Attachment Systems: Neuroscience shows that humans are wired to bond and cooperate. Mediators can leverage this by fostering connection and shared goals.
* Avoid vs. Approach Systems: People are more motivated to avoid losses than to seek gains. Mediators can use this insight to frame proposals in ways that feel safer and more appealing