

The Rise of AI Companions

A National Survey

May 18-22, 2026

Lee Rainie, director, Imagining the Digital Future Center

Jason Husser, director, Elon University Poll

Sponsoring organization and questionnaire design: Elon University Imagining the Digital Future Center and Elon University Poll

Fieldwork: YouGov

Interview dates: May 18-22, 2026

Target population: U.S. adults, age 18 and older who are LLM users and use AI for emotional or social purposes

Sample size: 1,000

Margin of error: +/-3.68 % (adjusted for weights)

Survey mode: Online, web-based survey, self-administered with online panels

How we did this survey

This survey was developed as a collaboration between the Elon University Imagining the Digital Future Center and the Elon University Poll. It was fielded by the international marketing and polling firm YouGov as an online, web-based survey. Between May 18 and May 22, 2026, YouGov interviewed 4,268 U.S. internet-using adults 18+ years old, with the goal of screening for and surveying AI users with emotional or social use of AI. The total U.S. adult internet-using sample was then matched down to a sample of 4,031, yielding a target subsample of 1,000 AI users with emotional or social use of AI.

The respondents were matched to a sampling frame on gender, age, race, and education. The sampling frame was constructed by stratified sampling from the full 2023 American Community Survey (ACS) 1-year sample with selection within strata by weighted sampling with replacements (using the person weights on the public use file).

The matched cases were weighted to the sampling frame using propensity scores. The matched cases and the frame were combined and a logistic regression was estimated for inclusion in the frame. The propensity score function included age, gender, race/ethnicity, years of education, region, and home ownership. The propensity scores were grouped into deciles of the estimated propensity score in the frame and post-stratified according to these deciles. The weights were then post-stratified on 2024 presidential vote choice as well as a four-way stratification of gender, age (4-categories), race (4-categories), and education (4-categories). The weighted dataset of US adults was then subsetting on the 1,000 AI users with emotional or social use of AI, and the weights were trimmed and recentered around 1, to produce the final weights. The margin of error is +/- 3.68 points.

Washington Post editorial staff members Tom Simonite, Jeremy Merrill and Gerrit De Vynck helped with creation of the survey questionnaire.

Note: All survey research, including this survey, is subject to multiple unmeasurable sources of error such as sampling error, coverage error and measurement error. Some N may sum to slightly less or slightly more than 1,000 due to weighting. Some percentages may not sum to 100% due to rounding. Order of questions (other than demographics) is reflected by order of results in this topline.

Sample characteristics

Category	Weighted_Count	Weighted_Percent
=== VARIABLE: AGE===		
18-34	377	38%
35-49	333	33%
50-64	176	18%
65+	114	11%
=== VARIABLE: GENDER ===		
Male	540	54%
Female	460	46%
=== VARIABLE: RACE ===		
White	630	63%
Black	138	14%
Hispanic	160	16%
Asian	26	3%
Native American	9	1%
Two or more s	29	3%
Other	6	1%
Middle Eastern	2	0%
=== VARIABLE: HISPANIC ===		
Yes	207	21%
No	793	79%
=== VARIABLE: EDUCATION ===		
No HS	34	3%
High school graduate	271	27%
Some college	179	18%
2-year	137	14%
4-year	250	25%
Post-grad	129	13%
=== VARIABLE: INCOME ===		
Under \$50k	358	37%
\$50k-\$99k	345	36%
\$100k or more	262	27%
=== VARIABLE: PARTY ID ===		
Democrat	329	33%
Republican	323	32%
Independent	291	29%
Other	21	2%
Not sure	36	4%

AI Companion Use Among All U.S. Adults

	Non-Companion User	Companion User	Total
	%	%	%
Overall	73	27	100
N	3,031	1,000	
	<i>*People we classify as non-AI companion users</i>	<i>** People we classify as companion users</i>	
AI chatbot usage frequency	Non-Companion User	Companion User	Total
	%	%	
Daily	34	66	100
A few times a week	51	49	100
A few times a month	65	35	100
A few times a year	70	30	100
Once a year	100	0	100
Less than once a year	100	0	100
Never	100	0	100
Gender	Non-Companion User	Companion User	Total
	%	%	%
Male	70	30	100
Female	76	24	100
Age	Non-Companion User	Companion User	Total
	%	%	%
18-29	64	36	100
30-49	62	38	100
50-64	83	17	100
65+	86	14	100
Education	Non-Companion User	Companion User	Total
	%	%	%
HS or less	76	24	100
Some college	69	31	100
4-year college	71	29	100
Postgrad	75	25	100
Race / Ethnicity	Non-Companion User	Companion User	Total
	%	%	%
White	74	26	100
Black	69	31	100
Hispanic	68	32	100
Other	82	18	100

Note: This table reflects 4,031 cases. 3,031 cases are those that received initial screener questions but failed to pass either or both the AI usage threshold or AI companion threshold. 1,000 cases are final cases who qualified and completed the entire.

List of Tables

1. How often do you use AI chatbots such as ChatGPT, Gemini, Claude, Character.AI or others?	1
2. Which ways have you used AI in the past 6 months? (<i>Select all that apply</i>).....	2
3. Which of the following AI chatbots have you used in the past 6 months? (<i>Select all that apply</i>).....	4
4. Of the AI chatbots you have used in the past 6 months, which do you use most?	6
5. How many different AI chatbots or personalities do you use on a regular basis?	8
6. Have you ever customized or created an AI chatbot yourself?	9
7. Which type of device do you generally use to interact with AI chatbots?	10
8. How do you generally interact with AI chatbots?	11
9. How long have you been interacting with AI?	12
10. How would you describe your relationship with AI?	13
11. Have you customized the AI chatbot you use in any of these ways? (<i>Select all that apply</i>).....	15
12. What is the gender of your AI chatbot? (<i>asked among those who selected that they specified the gender of the AI chatbot they use</i>)	16
13. Have you ever used AI to help you explore... (<i>Select all that apply</i>)	17
14. How much do you agree or disagree with the following statements about how you use AI? – I use AI to talk through personal problems or feelings	19
15. How much do you agree or disagree with the following statements about how you use AI? – Talking to AI helps me feel better when I'm stressed or upset	20
16. How much do you agree or disagree with the following statements about how you use AI? – I turn to AI when I need advice on how to handle difficult situations with other people	21
17. How much do you agree or disagree with the following statements about how you use AI? – I feel emotionally connected to at least one AI tool/chatbot that I interact with	22
18. How much do you agree or disagree with the following statements about how you use AI? – I think of my interactions with AI as a kind of friendship.....	23
19. How much do you agree or disagree with the following statements about how you use AI? – I would feel a personal loss if I could no longer interact with AI.....	24
20. How much do you agree or disagree with the following statements about how you use AI? – AI understands me better than most people.....	25
21. How much do you agree or disagree with the following statements about how you use AI? – I sometimes chat with AI just to feel less alone.....	26
22. In general, how much do you trust <u>the information and advice you get from AI</u> ?	27
23. In general, how much do you trust <u>that your conversations with AI are private and confidential</u> ?.....	28
24. In general, would you rather have a conversation with AI, or with friends or family members?	29
25. To what extent do you agree or disagree with the following statements? AI... – Understands me as a person	30
26. To what extent do you agree or disagree with the following statements? AI... – Learns from its encounters with me.....	31
27. To what extent do you agree or disagree with the following statements? AI... – Has the capacity to think and reason	32
28. To what extent do you agree or disagree with the following statements? AI... – Makes moral judgments about right and wrong.....	33
29. To what extent do you agree or disagree with the following statements? AI... – Cares about my well-being	34
30. To what extent do you agree or disagree with the following statements? AI... – Gives me the support I need.....	35
31. To what extent do you agree or disagree with the following statements? AI... – Gives me good advice	36
32. To what extent do you agree or disagree with the following statements? AI... – Validates my feelings	37
33. How helpful do you find the advice and conversation you have with AI when it comes to... – Talking about problems in your romantic or sexual relationships.....	38
34. How helpful do you find the advice and conversation you have with AI when it comes to... – Talking about your health problems	39

AI Companion Poll

May 2026



35. How helpful do you find the advice and conversation you have with AI when it comes to... – Talking about your mental health.....	40
36. How helpful do you find the advice and conversation you have with AI when it comes to... – Dealing with problems in your life.....	41
37. How helpful do you find the advice and conversation you have with AI when it comes to... – Helping you make personal decisions	42
38. How helpful do you find the advice and conversation you have with AI when it comes to... – Handling social situations in your life	43
39. How helpful do you find the advice and conversation you have with AI when it comes to... – Helping you learn.....	44
40. How helpful do you find the advice and conversation you have with AI when it comes to... – Helping you consider new ideas	45
41. How would you feel if you could no longer talk to AI about personal matters?	46
42. Do you ever tell AI things that you would NOT tell other people?	47
43. Does AI ever seem to... (Select all that apply).....	48
44. Do you think AI is.....	50
45. After your interactions with AI, how often do you feel... – Better	52
46. After your interactions with AI, how often do you feel... – Comforted	53
47. After your interactions with AI, how often do you feel... – Motivated	54
48. After your interactions with AI, how often do you feel... – Confident	55
49. After your interactions with AI, how often do you feel... – Worse	56
50. After your interactions with AI, how often do you feel... – Judged	57
51. After your interactions with AI, how often do you feel... – Insecure	58
52. After your interactions with AI, how often do you feel... – Confused	59
53. Do you ever use AI for the following purposes?.....	60
54. In the future, how many people do you think will have important, friendly relationships with AI?.....	62
55. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – People will form meaningful friendships with AI	63
56. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Social isolation and loneliness will increase	65
57. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Mental health problems will become more common	67
58. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – People will find it harder to get a job, or work that they find meaningful.....	69
59. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Create new types of careers and opportunities	71
60. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Assist in significant advancements in healthcare and healthcare research	73
61. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Create greater economic productivity	75
62. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Enable more free time for individuals	77
63. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Lead to less trust in the news or news media	79
64. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Make education and information more accessible.....	81
65. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Enable more innovation.....	83

AI Companion Poll

May 2026



66. Do you consider AI to be a friend?	85
67. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I am true to myself when interacting with the AI I use	86
68. Please indicate how much you agree or disagree with each of the following statements about your use of AI – My conversations with AI chatbots reflect my real values and beliefs	87
69. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I am open and honest when I chat with AI	88
70. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I feel comfortable sharing my true thoughts and feelings with AI.....	89
71. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I feel pressure to respond in certain ways when interacting with AI	90
72. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I sometimes say things because I think AI expects it	91
73. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I feel like I can be my real self when interacting with AI	92
74. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I sometimes feel disconnected from who I really am when using AI.....	93
75. How many close relationships (e.g., friends, family) would you say that you have?	94
76. How much do you agree or disagree with the following statements? – I enjoy starting conversations with people I don't know well	95
77. How much do you agree or disagree with the following statements? – I feel satisfied with the number of close friends I have.....	96
78. How much do you agree or disagree with the following statements? – I prefer spending time with one or two people rather than in larger groups.....	97
79. How much do you agree or disagree with the following statements? – I often go several days without much social interaction	98
80. How much do you agree or disagree with the following statements? – I actively seek out social plans (e.g., making plans, joining events)	99

AI Companion Poll

May 2026



1. How often do you use AI chatbots such as ChatGPT, Gemini, Claude, Character.AI or others?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Daily	36%	38%	34%	41%	26%	32%	44%
A few times a week	37%	34%	40%	40%	30%	39%	34%
A few times a month	18%	19%	18%	13%	29%	20%	15%
A few times a year	8%	9%	8%	5%	14%	9%	7%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Daily	36%	37%	35%	35%	28%	41%	44%	37%	36%	37%	34%
A few times a week	37%	34%	46%	39%	38%	38%	34%	27%	36%	38%	42%
A few times a month	18%	20%	16%	17%	24%	14%	15%	20%	19%	18%	17%
A few times a year	8%	9%	3%	9%	10%	7%	7%	16%	8%	7%	7%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Daily	36%	39%	39%	26%	32%	40%	34%	—	—	100%
A few times a week	37%	34%	36%	47%	43%	37%	33%	—	67%	—
A few times a month	18%	18%	18%	16%	18%	15%	24%	—	33%	—
A few times a year	8%	8%	7%	10%	8%	8%	9%	100%	—	—

AI Companion Poll

May 2026



2. Which ways have you used AI in the past 6 months? (Select all that apply)

	Total	Gender			Age		Education			
		Man	Woman		18-44	45+	No 4-Yr Degree	4+ Yr Degree		
Work or school	37%	37%	37%		45%	21%	31%	48%		
Research	72%	74%	70%		70%	76%	69%	77%		
Understanding news	41%	43%	38%		44%	34%	36%	49%		
Practical advice	48%	48%	49%		51%	43%	44%	56%		
Entertainment	66%	73%	58%		64%	72%	68%	64%		
Sharing thoughts and experiences	29%	28%	30%		33%	20%	27%	33%		
Personal advice	38%	35%	42%		43%	30%	34%	45%		
Loneliness	20%	23%	17%		24%	13%	22%	18%		
Discussing feelings	32%	28%	37%		37%	23%	32%	33%		
Roleplay scenarios	17%	21%	12%		19%	13%	15%	20%		
Romantic chat	9%	11%	6%		10%	6%	9%	9%		

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Work or school	37%	39%	29%	37%	27%	37%	52%	30%	40%	36%	42%
Research	72%	73%	61%	76%	73%	73%	72%	69%	74%	71%	74%
Understanding news	41%	37%	42%	48%	37%	44%	40%	39%	38%	41%	44%
Practical advice	48%	51%	40%	46%	43%	51%	52%	36%	52%	48%	53%
Entertainment	66%	71%	64%	58%	66%	68%	66%	65%	68%	69%	62%
Sharing thoughts and experiences	29%	26%	32%	33%	27%	31%	28%	31%	28%	26%	33%
Personal advice	38%	38%	41%	37%	33%	39%	44%	31%	41%	38%	42%
Loneliness	20%	17%	28%	24%	24%	20%	15%	16%	22%	18%	26%
Discussing feelings	32%	29%	31%	41%	34%	32%	30%	28%	32%	31%	36%
Roleplay scenarios	17%	17%	15%	18%	15%	20%	15%	19%	15%	17%	17%
Romantic chat	9%	7%	8%	12%	9%	10%	7%	6%	11%	8%	10%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Work or school	37%	38%	38%	32%	36%	36%	39%	16%	30%	54%
Research	72%	70%	76%	72%	66%	74%	74%	51%	70%	80%
Understanding news	41%	41%	42%	39%	35%	42%	43%	11%	34%	57%
Practical advice	48%	46%	51%	49%	42%	50%	51%	16%	43%	64%
Entertainment	66%	67%	70%	60%	63%	64%	72%	76%	65%	66%
Sharing thoughts and experiences	29%	31%	27%	28%	37%	27%	26%	14%	22%	43%
Personal advice	38%	37%	40%	38%	43%	35%	39%	13%	34%	51%
Loneliness	20%	18%	19%	29%	29%	19%	15%	11%	16%	29%
Discussing feelings	32%	33%	32%	28%	39%	30%	30%	4%	29%	44%
Roleplay scenarios	17%	17%	17%	19%	14%	18%	18%	12%	12%	26%
Romantic chat	9%	9%	8%	10%	10%	7%	9%	2%	7%	13%

AI Companion Poll

May 2026



3. Which of the following AI chatbots have you used in the past 6 months? (Select all that apply)

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
ChatGPT	83%	83%	83%	89%	70%	80%	88%
Google's Gemini	64%	66%	61%	67%	57%	61%	69%
Anthropic's Claude	13%	16%	10%	15%	9%	8%	21%
Microsoft's Copilot	34%	39%	27%	35%	32%	28%	44%
X's Grok	19%	22%	15%	22%	14%	17%	23%
MetaAI	33%	35%	31%	39%	23%	34%	33%
Alexa Plus	6%	7%	5%	6%	5%	6%	6%
Character.AI	8%	9%	7%	10%	3%	7%	9%
Perplexity	12%	14%	9%	14%	7%	10%	15%
DeepSeek	7%	10%	4%	9%	3%	6%	10%
Doubao	0%	0%	1%	1%	—	0%	0%
Other	2%	1%	2%	2%	2%	2%	1%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
ChatGPT	83%	83%	84%	84%	77%	86%	88%	87%	74%	86%	83%
Google's Gemini	64%	63%	65%	66%	60%	63%	69%	59%	68%	61%	69%
Anthropic's Claude	13%	14%	9%	13%	6%	13%	20%	9%	12%	12%	18%
Microsoft's Copilot	34%	34%	34%	33%	24%	37%	43%	34%	33%	32%	37%
X's Grok	19%	20%	14%	21%	16%	21%	19%	9%	18%	18%	28%
MetaAI	33%	32%	40%	35%	29%	41%	31%	30%	34%	33%	37%
Alexa Plus	6%	5%	5%	9%	4%	8%	5%	3%	4%	5%	10%
Character.AI	8%	8%	6%	9%	9%	8%	7%	6%	8%	9%	8%
Perplexity	12%	12%	13%	11%	6%	16%	14%	9%	10%	14%	12%
DeepSeek	7%	8%	7%	5%	4%	9%	9%	6%	7%	5%	10%
Doubao	0%	0%	—	1%	1%	0%	—	—	1%	0%	0%
Other	2%	2%	1%	2%	1%	2%	1%	—	4%	1%	2%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
ChatGPT	83%	83%	84%	82%	82%	83%	85%	67%	83%	87%
Google's Gemini	64%	65%	67%	60%	63%	64%	64%	38%	60%	76%
Anthropic's Claude	13%	14%	12%	14%	11%	10%	18%	1%	9%	22%
Microsoft's Copilot	34%	32%	37%	34%	28%	34%	38%	24%	29%	43%
X's Grok	19%	13%	26%	21%	11%	23%	20%	15%	14%	28%
MetaAI	33%	30%	38%	33%	28%	34%	36%	13%	28%	46%
Alexa Plus	6%	5%	7%	4%	4%	6%	6%	—	5%	9%
Character.AI	8%	7%	8%	11%	7%	7%	10%	2%	5%	14%
Perplexity	12%	12%	14%	8%	9%	13%	13%	1%	8%	21%
DeepSeek	7%	8%	7%	6%	5%	7%	8%	1%	3%	15%
Doubao	0%	0%	0%	1%	1%	0%	—	—	0%	0%
Other	2%	3%	1%	1%	1%	2%	1%	3%	1%	2%

AI Companion Poll

May 2026



4. Of the AI chatbots you have used in the past 6 months, which do you use most?

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
ChatGPT	54%	52%	56%	59%	44%	52%	57%
Google's Gemini	27%	27%	26%	25%	30%	29%	23%
Anthropic's Claude	3%	2%	3%	3%	3%	1%	5%
Microsoft's Copilot	5%	6%	4%	4%	9%	5%	7%
X's Grok	3%	3%	2%	2%	4%	3%	3%
MetaAI	4%	5%	4%	3%	6%	5%	3%
Alexa Plus	1%	1%	1%	0%	2%	1%	1%
Character.AI	1%	1%	1%	1%	0%	1%	0%
Perplexity	1%	1%	0%	1%	1%	1%	0%
DeepSeek	0%	0%	0%	1%	0%	0%	0%
Doubao	—	—	—	—	—	—	—
Other	1%	1%	1%	1%	1%	2%	1%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
ChatGPT	54%	53%	57%	54%	48%	57%	59%	60%	47%	56%	52%
Google's Gemini	27%	26%	29%	27%	33%	24%	22%	23%	31%	26%	27%
Anthropic's Claude	3%	4%	—	2%	1%	2%	5%	3%	2%	2%	4%
Microsoft's Copilot	5%	7%	2%	5%	5%	5%	7%	5%	7%	6%	5%
X's Grok	3%	4%	2%	2%	3%	4%	1%	1%	2%	4%	4%
MetaAI	4%	3%	6%	5%	5%	5%	2%	5%	4%	4%	3%
Alexa Plus	1%	0%	—	3%	2%	1%	1%	1%	1%	1%	1%
Character.AI	1%	1%	1%	1%	1%	—	—	—	2%	0%	1%
Perplexity	1%	1%	2%	—	1%	1%	1%	—	1%	1%	1%
DeepSeek	0%	0%	—	0%	1%	—	1%	2%	1%	—	—
Doubao	—	—	—	—	—	—	—	—	—	—	—
Other	1%	1%	—	2%	1%	2%	1%	—	3%	1%	1%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
ChatGPT	54%	54%	52%	56%	47%	55%	57%	56%	51%	59%
Google's Gemini	27%	29%	24%	27%	33%	24%	25%	16%	30%	24%
Anthropic's Claude	3%	4%	2%	2%	1%	3%	3%	—	3%	3%
Microsoft's Copilot	5%	4%	8%	3%	4%	5%	7%	9%	6%	4%
X's Grok	3%	1%	5%	3%	5%	3%	2%	7%	3%	2%
MetaAI	4%	3%	5%	2%	6%	5%	3%	8%	4%	3%
Alexa Plus	1%	1%	1%	—	—	1%	2%	—	1%	1%
Character.AI	1%	0%	—	4%	1%	1%	1%	2%	1%	0%
Perplexity	1%	1%	1%	1%	2%	0%	1%	—	1%	1%
DeepSeek	0%	0%	—	1%	—	0%	1%	—	1%	0%
Doubao	—	—	—	—	—	—	—	—	—	—
Other	1%	2%	1%	1%	1%	2%	1%	2%	1%	1%

AI Companion Poll

May 2026



5. How many different AI chatbots or personalities do you use on a regular basis?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
One	53%	46%	61%	50%	60%	59%	45%
Two	31%	36%	26%	31%	32%	29%	36%
Three or more	16%	18%	13%	19%	7%	13%	20%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
One	53%	54%	49%	55%	59%	50%	50%	54%	53%	55%	50%
Two	31%	33%	33%	27%	30%	32%	32%	34%	34%	30%	29%
Three or more	16%	14%	17%	18%	11%	18%	17%	12%	13%	15%	22%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
One	53%	54%	51%	53%	55%	52%	54%	75%	58%	40%
Two	31%	29%	36%	30%	34%	32%	29%	21%	31%	34%
Three or more	16%	17%	14%	17%	11%	16%	18%	5%	11%	25%

AI Companion Poll

May 2026



6. Have you ever customized or created an AI chatbot yourself?

	Gender			Age		Education					
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree				
Yes	19%	22%	16%	23%	11%	19%	19%				
No	81%	78%	84%	77%	89%	81%	81%				
	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Yes	19%	18%	15%	22%	21%	20%	15%	12%	15%	22%	20%
No	81%	82%	85%	78%	79%	80%	85%	88%	85%	78%	80%
	Leaned Party ID				Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage	
Yes	19%	17%	24%	13%	24%	19%	15%	9%	17%	24%	
No	81%	83%	76%	87%	76%	81%	85%	91%	83%	76%	

AI Companion Poll

May 2026



7. Which type of device do you generally use to interact with AI chatbots?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
A phone	60%	56%	66%	66%	49%	67%	49%
A computer	19%	20%	17%	15%	28%	18%	21%
I use phone and computer in roughly equal amounts	19%	22%	16%	20%	19%	14%	28%
Another type of device	1%	1%	1%	0%	4%	1%	2%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
A phone	60%	59%	67%	61%	64%	61%	54%	49%	68%	61%	60%
A computer	19%	21%	14%	17%	23%	15%	19%	33%	18%	16%	17%
I use phone and computer in roughly equal amounts	19%	19%	19%	21%	12%	23%	24%	17%	14%	22%	21%
Another type of device	1%	2%	—	1%	1%	1%	2%	1%	—	2%	2%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
A phone	60%	58%	58%	70%	63%	62%	56%	49%	61%	62%
A computer	19%	22%	17%	15%	24%	17%	19%	36%	20%	13%
I use phone and computer in roughly equal amounts	19%	18%	24%	15%	12%	20%	24%	11%	17%	24%
Another type of device	1%	2%	2%	0%	1%	1%	2%	3%	1%	1%

AI Companion Poll

May 2026



8. How do you generally interact with AI chatbots?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Mostly by voice	12%	12%	13%	10%	17%	12%	13%
Mostly by text	67%	65%	69%	68%	66%	69%	65%
I use voice and text in roughly equal amounts	20%	23%	18%	22%	17%	19%	22%

	Race			Income			Region				
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Mostly by voice	12%	11%	15%	14%	16%	11%	11%	7%	7%	15%	14%
Mostly by text	67%	69%	60%	68%	66%	65%	70%	75%	75%	64%	62%
I use voice and text in roughly equal amounts	20%	20%	24%	19%	18%	25%	19%	19%	17%	20%	24%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Mostly by voice	12%	13%	13%	10%	13%	13%	11%	11%	13%	12%
Mostly by text	67%	67%	61%	79%	70%	66%	67%	84%	69%	60%
I use voice and text in roughly equal amounts	20%	20%	26%	11%	16%	21%	23%	5%	18%	28%

AI Companion Poll

May 2026



9. How long have you been interacting with AI?

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Less than a year	34%	30%	38%	28%	47%	38%	27%
Between 1 and 2 years	48%	49%	46%	51%	40%	45%	52%
3 years or more	17%	18%	15%	20%	10%	15%	20%
Not sure	2%	2%	1%	1%	3%	2%	2%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Less than a year	34%	37%	28%	31%	34%	33%	34%	35%	41%	35%	26%
Between 1 and 2 years	48%	51%	46%	41%	46%	51%	48%	46%	39%	48%	54%
3 years or more	17%	11%	23%	25%	18%	16%	18%	17%	19%	15%	17%
Not sure	2%	1%	3%	2%	2%	1%	1%	2%	1%	1%	3%

	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Less than a year	34%	34%	34%	33%	34%	32%	36%	55%	40%	20%
Between 1 and 2 years	48%	49%	52%	37%	48%	51%	43%	36%	46%	53%
3 years or more	17%	16%	13%	27%	17%	15%	18%	7%	13%	24%
Not sure	2%	1%	2%	4%	1%	1%	3%	2%	1%	2%

AI Companion Poll

May 2026



10. How would you describe your relationship with AI?

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
It's just a tool I use like a search engine or calculator	45%	44%	46%	39%	55%	45%	43%
It's mostly a tool but I sometimes have some friendly conversations with it	38%	38%	39%	40%	34%	36%	42%
It's become somewhat like a friend or confidante to me	17%	18%	16%	20%	11%	18%	15%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
It's just a tool I use like a search engine or calculator	45%	46%	45%	40%	48%	42%	43%	42%	48%	48%	38%
It's mostly a tool but I sometimes have some friendly conversations with it	38%	38%	41%	38%	33%	41%	41%	37%	38%	37%	42%
It's become somewhat like a friend or confidante to me	17%	16%	14%	21%	19%	17%	16%	21%	14%	15%	20%

	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
It's just a tool I use like a search engine or calculator	45%	46%	43%	42%	36%	44%	51%	76%	51%	27%
It's mostly a tool but I sometimes have some friendly conversations with it	38%	38%	39%	39%	43%	38%	35%	12%	39%	44%
It's become somewhat like a friend or confidante to me	17%	16%	18%	19%	20%	18%	14%	11%	10%	29%

AI Companion Poll

May 2026



11. Have you customized the AI chatbot you use in any of these ways? (Select all that apply)

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Name	19%	20%	18%	24%	9%	18%	20%
Gender	16%	18%	14%	20%	7%	15%	16%
Physical characteristics	13%	14%	11%	17%	3%	13%	12%
Personality traits	16%	18%	13%	20%	5%	15%	16%
Instructions for how it treats or responds to you	28%	30%	25%	35%	12%	26%	31%
Not customized	55%	52%	58%	43%	80%	56%	53%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Name	19%	18%	21%	20%	18%	21%	18%	16%	19%	17%	24%
Gender	16%	17%	17%	13%	15%	18%	14%	9%	13%	17%	20%
Physical characteristics	13%	11%	12%	17%	14%	15%	9%	6%	9%	17%	11%
Personality traits	16%	16%	14%	15%	15%	15%	17%	6%	17%	19%	14%
Instructions for how it treats or responds to you	28%	28%	26%	28%	24%	32%	30%	19%	28%	28%	33%
Not customized	55%	57%	52%	52%	58%	51%	54%	68%	58%	53%	48%

	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Name	19%	18%	21%	19%	20%	20%	18%	11%	14%	29%
Gender	16%	14%	21%	11%	22%	16%	12%	7%	12%	23%
Physical characteristics	13%	9%	17%	13%	13%	14%	11%	1%	11%	17%
Personality traits	16%	14%	19%	15%	14%	19%	13%	3%	12%	24%
Instructions for how it treats or responds to you	28%	29%	28%	28%	28%	31%	24%	4%	21%	44%
Not customized	55%	57%	52%	53%	50%	50%	64%	83%	63%	37%

AI Companion Poll

May 2026



12. What is the gender of your AI chatbot? (asked among those who selected that they specified the gender of the AI chatbot they use)

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Female	55%	48%	67%	58%	—	64%	43%
Male	39%	46%	27%	36%	—	32%	50%
Something else	—	—	—	—	—	—	—
My AI does not have any gender in particular	6%	6%	6%	6%	—	5%	8%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Female	55%	53%	—	—	61%	50%	—	—	—	55%	—
Male	39%	41%	—	—	30%	47%	—	—	—	38%	—
Something else	—	—	—	—	—	—	—	—	—	—	—
My AI does not have any gender in particular	6%	6%	—	—	9%	3%	—	—	—	8%	—

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Female	55%	59%	51%	—	—	47%	—	—	59%	54%
Male	39%	35%	46%	—	—	42%	—	—	37%	38%
Something else	—	—	—	—	—	—	—	—	—	—
My AI does not have any gender in particular	6%	6%	3%	—	—	12%	—	—	4%	8%

AI Companion Poll

May 2026



13. Have you ever used AI to help you explore... (Select all that apply)

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Voting	11%	10%	13%	12%	9%	9%	14%
Career or education	39%	40%	38%	48%	21%	35%	46%
Legal matters	30%	33%	27%	33%	25%	28%	34%
Finances	41%	45%	36%	46%	30%	38%	46%
Family matters	31%	27%	35%	38%	16%	29%	34%
Spiritual, religious, philosophical beliefs	26%	25%	26%	27%	23%	23%	30%
Health or lifestyle	67%	67%	67%	72%	58%	66%	70%
None of the above	12%	12%	12%	8%	22%	13%	12%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Voting	11%	11%	11%	12%	9%	14%	10%	10%	8%	12%	12%
Career or education	39%	38%	38%	43%	35%	40%	43%	33%	40%	38%	44%
Legal matters	30%	30%	29%	31%	28%	30%	34%	32%	29%	32%	28%
Finances	41%	40%	48%	39%	33%	44%	47%	44%	38%	38%	47%
Family matters	31%	31%	27%	32%	32%	34%	27%	26%	29%	33%	30%
Spiritual, religious, philosophical beliefs	26%	25%	33%	24%	25%	27%	24%	17%	26%	25%	32%
Health or lifestyle	67%	65%	64%	73%	63%	66%	77%	63%	67%	67%	70%
None of the above	12%	13%	11%	12%	12%	13%	11%	14%	13%	12%	10%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Voting	11%	10%	14%	8%	13%	10%	11%	5%	9%	16%
Career or education	39%	41%	36%	40%	41%	37%	40%	11%	34%	53%
Legal matters	30%	30%	35%	24%	35%	28%	29%	11%	22%	47%
Finances	41%	39%	44%	41%	40%	43%	40%	11%	35%	57%
Family matters	31%	28%	37%	22%	31%	35%	26%	6%	25%	45%
Spiritual, religious, philosophical beliefs	26%	22%	27%	33%	29%	24%	25%	7%	23%	34%
Health or lifestyle	67%	67%	68%	68%	67%	70%	65%	44%	62%	80%
None of the above	12%	13%	11%	13%	9%	11%	16%	41%	13%	4%

AI Companion Poll

May 2026



14. How much do you agree or disagree with the following statements about how you use AI? – I use AI to talk through personal problems or feelings

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	15%	15%	16%	20%	6%	14%	18%
Somewhat agree	35%	32%	38%	40%	24%	35%	35%
Neither agree nor disagree	12%	13%	11%	13%	10%	13%	11%
Somewhat disagree	15%	16%	13%	13%	20%	16%	14%
Strongly disagree	23%	24%	21%	14%	41%	23%	22%

	Race			Income			Region				
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	15%	13%	18%	20%	19%	12%	16%	13%	16%	16%	16%
Somewhat agree	35%	38%	31%	31%	29%	41%	34%	36%	40%	34%	34%
Neither agree nor disagree	12%	10%	12%	17%	12%	13%	9%	12%	8%	14%	13%
Somewhat disagree	15%	14%	16%	15%	16%	14%	14%	11%	15%	13%	21%
Strongly disagree	23%	25%	24%	16%	24%	19%	27%	28%	22%	24%	16%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	15%	18%	17%	8%	20%	14%	14%	1%	8%	29%
Somewhat agree	35%	30%	38%	39%	37%	37%	31%	17%	34%	40%
Neither agree nor disagree	12%	13%	9%	16%	14%	13%	10%	15%	13%	11%
Somewhat disagree	15%	16%	12%	19%	15%	15%	14%	14%	19%	8%
Strongly disagree	23%	25%	23%	18%	14%	20%	31%	53%	26%	11%

AI Companion Poll

May 2026



15. How much do you agree or disagree with the following statements about how you use AI? – Talking to AI helps me feel better when I'm stressed or upset

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	18%	17%	19%	23%	8%	18%	17%
Somewhat agree	33%	33%	34%	39%	23%	31%	38%
Neither agree nor disagree	19%	19%	19%	17%	24%	22%	15%
Somewhat disagree	10%	10%	10%	9%	13%	11%	9%
Strongly disagree	20%	21%	18%	13%	33%	18%	22%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	18%	16%	22%	19%	18%	17%	20%	17%	15%	18%	20%
Somewhat agree	33%	31%	34%	38%	29%	40%	30%	27%	37%	33%	35%
Neither agree nor disagree	19%	20%	16%	19%	25%	16%	14%	26%	18%	21%	13%
Somewhat disagree	10%	11%	8%	8%	10%	9%	11%	8%	8%	9%	15%
Strongly disagree	20%	21%	20%	15%	17%	19%	25%	22%	22%	19%	16%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	18%	20%	19%	12%	22%	19%	14%	2%	8%	36%
Somewhat agree	33%	30%	34%	38%	42%	33%	28%	19%	35%	34%
Neither agree nor disagree	19%	20%	16%	25%	20%	21%	18%	26%	22%	14%
Somewhat disagree	10%	10%	9%	11%	8%	12%	9%	7%	12%	7%
Strongly disagree	20%	20%	21%	14%	8%	17%	31%	47%	22%	9%

AI Companion Poll

May 2026



16. How much do you agree or disagree with the following statements about how you use AI? – I turn to AI when I need advice on how to handle difficult situations with other people

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	18%	17%	20%	23%	8%	17%	19%
Somewhat agree	35%	33%	36%	40%	24%	33%	37%
Neither agree nor disagree	15%	15%	16%	14%	18%	16%	15%
Somewhat disagree	11%	12%	10%	9%	15%	14%	7%
Strongly disagree	21%	23%	18%	14%	35%	20%	21%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	18%	17%	16%	22%	17%	18%	22%	15%	19%	18%	20%
Somewhat agree	35%	35%	32%	35%	31%	38%	36%	35%	34%	35%	34%
Neither agree nor disagree	15%	15%	13%	18%	17%	14%	12%	16%	13%	14%	19%
Somewhat disagree	11%	11%	12%	11%	14%	10%	8%	8%	10%	12%	13%
Strongly disagree	21%	22%	26%	15%	20%	20%	22%	27%	24%	21%	14%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	18%	18%	23%	11%	20%	20%	15%	4%	9%	35%
Somewhat agree	35%	31%	36%	37%	41%	34%	32%	24%	35%	36%
Neither agree nor disagree	15%	15%	13%	20%	16%	17%	14%	15%	19%	10%
Somewhat disagree	11%	12%	10%	12%	11%	9%	13%	11%	14%	8%
Strongly disagree	21%	24%	18%	20%	12%	20%	27%	46%	24%	10%

AI Companion Poll

May 2026



17. How much do you agree or disagree with the following statements about how you use AI? – I feel emotionally connected to at least one AI tool/chatbot that I interact with

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	13%	13%	13%	16%	6%	10%	17%
Somewhat agree	23%	24%	21%	28%	13%	23%	22%
Neither agree nor disagree	16%	16%	17%	17%	15%	18%	13%
Somewhat disagree	16%	14%	18%	15%	16%	15%	16%
Strongly disagree	33%	34%	31%	24%	50%	33%	33%

	Race			Income			Region				
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	13%	11%	17%	14%	11%	16%	13%	12%	12%	13%	13%
Somewhat agree	23%	23%	20%	24%	22%	26%	22%	15%	18%	25%	27%
Neither agree nor disagree	16%	14%	20%	19%	21%	14%	12%	18%	14%	17%	15%
Somewhat disagree	16%	17%	13%	14%	13%	16%	17%	16%	17%	13%	18%
Strongly disagree	33%	35%	31%	29%	33%	30%	36%	39%	38%	32%	26%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	13%	14%	16%	5%	15%	14%	10%	1%	6%	25%
Somewhat agree	23%	20%	27%	21%	32%	23%	16%	13%	23%	25%
Neither agree nor disagree	16%	14%	13%	24%	20%	16%	15%	15%	16%	16%
Somewhat disagree	16%	16%	16%	15%	14%	16%	15%	5%	18%	15%
Strongly disagree	33%	36%	27%	35%	19%	31%	44%	66%	37%	19%

AI Companion Poll

May 2026



18. How much do you agree or disagree with the following statements about how you use AI? – I think of my interactions with AI as a kind of friendship

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	14%	13%	14%	18%	5%	11%	17%
Somewhat agree	28%	28%	27%	32%	19%	28%	27%
Neither agree nor disagree	16%	17%	15%	17%	16%	18%	14%
Somewhat disagree	16%	17%	15%	14%	19%	17%	13%
Strongly disagree	26%	25%	28%	19%	41%	25%	28%

	Race			Income			Region				
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	14%	12%	17%	15%	11%	15%	17%	13%	13%	13%	17%
Somewhat agree	28%	25%	24%	35%	29%	31%	22%	23%	23%	30%	30%
Neither agree nor disagree	16%	16%	21%	15%	17%	16%	15%	14%	15%	17%	17%
Somewhat disagree	16%	16%	14%	16%	16%	17%	13%	19%	17%	15%	13%
Strongly disagree	26%	31%	24%	18%	26%	22%	32%	31%	32%	25%	22%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	14%	14%	17%	7%	19%	12%	12%	1%	7%	26%
Somewhat agree	28%	26%	32%	25%	34%	30%	22%	18%	25%	34%
Neither agree nor disagree	16%	14%	15%	21%	15%	19%	14%	16%	18%	14%
Somewhat disagree	16%	18%	12%	20%	15%	16%	16%	9%	19%	11%
Strongly disagree	26%	28%	24%	27%	16%	23%	37%	55%	30%	14%

AI Companion Poll

May 2026



19. How much do you agree or disagree with the following statements about how you use AI? – I would feel a personal loss if I could no longer interact with AI

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	16%	15%	16%	20%	6%	14%	18%
Somewhat agree	22%	24%	19%	25%	14%	21%	22%
Neither agree nor disagree	19%	17%	20%	19%	19%	21%	16%
Somewhat disagree	15%	14%	15%	14%	17%	15%	14%
Strongly disagree	29%	30%	29%	22%	43%	28%	31%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	16%	15%	19%	16%	15%	16%	17%	14%	12%	15%	19%
Somewhat agree	22%	20%	18%	26%	22%	25%	17%	22%	20%	20%	24%
Neither agree nor disagree	19%	18%	20%	21%	19%	19%	17%	15%	17%	22%	17%
Somewhat disagree	15%	15%	19%	12%	15%	13%	16%	19%	17%	13%	14%
Strongly disagree	29%	32%	25%	25%	29%	26%	33%	29%	33%	30%	25%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	16%	15%	19%	10%	22%	13%	14%	1%	8%	30%
Somewhat agree	22%	21%	23%	21%	25%	24%	16%	12%	19%	28%
Neither agree nor disagree	19%	18%	17%	22%	18%	17%	21%	14%	21%	17%
Somewhat disagree	15%	16%	13%	18%	13%	19%	12%	12%	18%	10%
Strongly disagree	29%	30%	29%	28%	22%	27%	37%	61%	34%	14%

AI Companion Poll

May 2026



20. How much do you agree or disagree with the following statements about how you use AI? – AI understands me better than most people

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	15%	14%	16%	19%	7%	15%	14%
Somewhat agree	24%	24%	24%	29%	15%	23%	26%
Neither agree nor disagree	20%	21%	19%	18%	25%	22%	18%
Somewhat disagree	14%	15%	14%	15%	13%	15%	12%
Strongly disagree	26%	26%	27%	20%	40%	24%	30%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	15%	13%	16%	19%	18%	13%	14%	9%	12%	16%	18%
Somewhat agree	24%	24%	23%	25%	24%	26%	24%	23%	21%	26%	24%
Neither agree nor disagree	20%	19%	23%	22%	20%	23%	15%	18%	17%	22%	21%
Somewhat disagree	14%	14%	15%	14%	13%	15%	13%	21%	18%	11%	13%
Strongly disagree	26%	30%	23%	20%	25%	23%	34%	29%	32%	25%	24%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	15%	14%	19%	10%	22%	12%	13%	2%	12%	22%
Somewhat agree	24%	24%	27%	22%	31%	26%	17%	10%	20%	33%
Neither agree nor disagree	20%	18%	19%	29%	23%	20%	20%	18%	23%	17%
Somewhat disagree	14%	16%	10%	16%	10%	18%	12%	12%	15%	13%
Strongly disagree	26%	29%	25%	23%	15%	24%	38%	58%	30%	15%

AI Companion Poll

May 2026



21. How much do you agree or disagree with the following statements about how you use AI? – I sometimes chat with AI just to feel less alone

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	14%	14%	13%	17%	6%	12%	16%
Somewhat agree	24%	25%	24%	29%	16%	25%	23%
Neither agree nor disagree	14%	15%	12%	15%	12%	16%	11%
Somewhat disagree	17%	15%	20%	19%	15%	18%	17%
Strongly disagree	31%	31%	30%	21%	51%	29%	33%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	14%	13%	16%	14%	13%	15%	14%	12%	15%	12%	16%
Somewhat agree	24%	23%	26%	27%	25%	28%	19%	16%	27%	27%	23%
Neither agree nor disagree	14%	13%	11%	16%	16%	11%	13%	18%	11%	13%	14%
Somewhat disagree	17%	15%	21%	21%	16%	19%	16%	17%	11%	17%	23%
Strongly disagree	31%	36%	26%	22%	30%	27%	38%	37%	35%	30%	24%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	14%	11%	19%	9%	17%	13%	12%	1%	6%	27%
Somewhat agree	24%	24%	22%	32%	32%	26%	18%	18%	26%	24%
Neither agree nor disagree	14%	10%	14%	19%	13%	15%	13%	14%	14%	14%
Somewhat disagree	17%	21%	13%	19%	17%	18%	17%	8%	21%	14%
Strongly disagree	31%	33%	33%	21%	21%	28%	41%	59%	33%	21%

AI Companion Poll

May 2026



22. In general, how much do you trust the information and advice you get from AI?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Completely	12%	12%	11%	15%	5%	11%	13%
Quite a lot	35%	33%	36%	35%	33%	32%	38%
Somewhat	37%	35%	38%	34%	42%	38%	35%
A little	14%	16%	12%	13%	16%	15%	13%
Not at all	2%	3%	1%	3%	1%	3%	0%
I don't know	1%	1%	1%	0%	2%	1%	0%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Completely	12%	10%	12%	15%	14%	10%	11%	12%	6%	12%	15%
Quite a lot	35%	35%	35%	33%	32%	36%	38%	30%	34%	36%	35%
Somewhat	37%	39%	37%	31%	36%	39%	34%	40%	42%	37%	30%
A little	14%	14%	11%	18%	16%	11%	15%	18%	16%	12%	15%
Not at all	2%	2%	4%	2%	2%	3%	2%	0%	2%	2%	3%
I don't know	1%	1%	1%	1%	0%	1%	1%	0%	1%	1%	1%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Completely	12%	11%	16%	6%	12%	11%	12%	2%	7%	21%
Quite a lot	35%	36%	38%	23%	36%	35%	33%	9%	31%	45%
Somewhat	37%	34%	34%	49%	37%	36%	37%	47%	43%	25%
A little	14%	16%	10%	19%	13%	13%	16%	31%	18%	6%
Not at all	2%	3%	0%	3%	1%	3%	1%	6%	1%	2%
I don't know	1%	0%	1%	1%	1%	1%	1%	6%	0%	1%

AI Companion Poll

May 2026



23. In general, how much do you trust that your conversations with AI are private and confidential?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Completely	13%	13%	12%	16%	6%	12%	13%
Quite a lot	18%	19%	18%	21%	14%	15%	24%
Somewhat	26%	27%	25%	27%	24%	26%	25%
A little	17%	17%	16%	16%	18%	18%	14%
Not at all	22%	20%	23%	18%	30%	22%	21%
I don't know	4%	3%	6%	2%	9%	6%	3%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Completely	13%	11%	13%	17%	16%	11%	11%	15%	8%	12%	15%
Quite a lot	18%	18%	23%	18%	14%	20%	24%	15%	15%	20%	20%
Somewhat	26%	27%	26%	24%	25%	27%	25%	27%	27%	28%	22%
A little	17%	16%	21%	17%	17%	18%	14%	13%	17%	16%	21%
Not at all	22%	24%	15%	19%	23%	18%	24%	26%	30%	20%	15%
I don't know	4%	4%	2%	6%	5%	5%	2%	5%	3%	4%	7%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Completely	13%	12%	17%	5%	15%	13%	11%	2%	8%	22%
Quite a lot	18%	18%	22%	12%	22%	16%	19%	6%	16%	25%
Somewhat	26%	28%	23%	29%	24%	30%	23%	24%	30%	21%
A little	17%	18%	12%	21%	16%	20%	14%	20%	17%	15%
Not at all	22%	21%	19%	28%	18%	18%	29%	45%	24%	13%
I don't know	4%	3%	6%	4%	5%	4%	5%	4%	5%	3%

AI Companion Poll

May 2026



24. In general, would you rather have a conversation with AI, or with friends or family members?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
With friends or family	59%	60%	59%	55%	68%	59%	61%
With AI	11%	11%	11%	13%	6%	12%	9%
I value conversations with both similarly	27%	28%	26%	30%	22%	26%	28%
I don't know	3%	1%	4%	2%	4%	3%	2%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
With friends or family	59%	62%	57%	55%	53%	62%	63%	54%	68%	60%	56%
With AI	11%	12%	12%	9%	14%	9%	9%	7%	10%	11%	15%
I value conversations with both similarly	27%	24%	28%	35%	29%	27%	26%	34%	21%	27%	28%
I don't know	3%	3%	3%	1%	4%	1%	2%	5%	2%	3%	1%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
With friends or family	59%	65%	54%	59%	43%	60%	70%	80%	65%	46%
With AI	11%	9%	15%	7%	23%	10%	4%	2%	10%	15%
I value conversations with both similarly	27%	25%	28%	30%	29%	29%	23%	14%	22%	37%
I don't know	3%	2%	2%	3%	5%	2%	2%	4%	3%	3%

AI Companion Poll

May 2026



25. To what extent do you agree or disagree with the following statements? AI... – Understands me as a person

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	17%	18%	16%	20%	10%	15%	20%
Somewhat agree	26%	24%	28%	30%	17%	27%	25%
Neither agree nor disagree	22%	22%	21%	21%	24%	22%	21%
Somewhat disagree	11%	12%	9%	10%	12%	13%	8%
Strongly disagree	21%	21%	20%	16%	30%	19%	22%
No opinion	4%	3%	4%	2%	7%	4%	3%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	17%	16%	19%	19%	16%	19%	18%	15%	15%	17%	19%
Somewhat agree	26%	24%	25%	31%	24%	33%	21%	18%	25%	29%	27%
Neither agree nor disagree	22%	22%	23%	22%	25%	18%	20%	29%	20%	21%	21%
Somewhat disagree	11%	13%	5%	9%	12%	9%	13%	9%	16%	9%	11%
Strongly disagree	21%	22%	25%	14%	20%	18%	24%	24%	22%	20%	18%
No opinion	4%	3%	2%	5%	4%	3%	3%	4%	2%	4%	4%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	17%	17%	20%	12%	25%	15%	14%	9%	11%	28%
Somewhat agree	26%	23%	31%	27%	30%	29%	20%	5%	25%	33%
Neither agree nor disagree	22%	23%	16%	28%	21%	24%	20%	18%	24%	19%
Somewhat disagree	11%	12%	12%	8%	10%	12%	10%	11%	12%	10%
Strongly disagree	21%	22%	19%	21%	10%	18%	31%	43%	25%	9%
No opinion	4%	4%	2%	4%	4%	3%	4%	14%	4%	1%

AI Companion Poll

May 2026



26. To what extent do you agree or disagree with the following statements? AI... – Learns from its encounters with me

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	32%	31%	33%	36%	25%	33%	30%
Somewhat agree	43%	43%	42%	42%	43%	39%	48%
Neither agree nor disagree	14%	15%	14%	13%	17%	16%	11%
Somewhat disagree	5%	5%	6%	5%	6%	6%	4%
Strongly disagree	4%	4%	4%	3%	6%	3%	5%
No opinion	2%	2%	2%	2%	3%	2%	3%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	32%	28%	33%	41%	34%	33%	28%	28%	33%	34%	31%
Somewhat agree	43%	48%	42%	32%	38%	43%	49%	46%	43%	42%	41%
Neither agree nor disagree	14%	15%	11%	16%	16%	13%	14%	14%	16%	13%	16%
Somewhat disagree	5%	4%	8%	6%	6%	6%	3%	6%	4%	6%	6%
Strongly disagree	4%	4%	4%	3%	3%	3%	4%	6%	3%	3%	4%
No opinion	2%	2%	3%	2%	3%	1%	2%	1%	2%	2%	2%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	32%	31%	35%	30%	35%	31%	32%	23%	25%	45%
Somewhat agree	43%	44%	40%	44%	39%	46%	40%	34%	44%	42%
Neither agree nor disagree	14%	12%	16%	13%	12%	13%	17%	22%	18%	7%
Somewhat disagree	5%	6%	4%	7%	8%	5%	4%	7%	7%	2%
Strongly disagree	4%	4%	4%	3%	5%	3%	4%	10%	3%	3%
No opinion	2%	3%	1%	3%	1%	2%	3%	5%	3%	0%

AI Companion Poll

May 2026



27. To what extent do you agree or disagree with the following statements? AI... – Has the capacity to think and reason

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	21%	22%	20%	23%	17%	20%	23%
Somewhat agree	39%	40%	38%	41%	35%	39%	39%
Neither agree nor disagree	16%	15%	17%	14%	19%	18%	13%
Somewhat disagree	10%	11%	10%	11%	9%	11%	9%
Strongly disagree	12%	11%	13%	9%	17%	11%	13%
No opinion	2%	2%	3%	1%	4%	2%	3%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	21%	19%	26%	23%	21%	19%	23%	23%	18%	20%	23%
Somewhat agree	39%	38%	40%	41%	35%	42%	41%	39%	32%	40%	41%
Neither agree nor disagree	16%	16%	16%	14%	19%	15%	12%	14%	16%	16%	16%
Somewhat disagree	10%	10%	9%	11%	11%	11%	9%	11%	14%	10%	8%
Strongly disagree	12%	15%	8%	8%	12%	11%	13%	12%	18%	11%	10%
No opinion	2%	2%	1%	3%	1%	3%	2%	1%	2%	2%	3%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	21%	21%	24%	15%	30%	18%	18%	13%	13%	35%
Somewhat agree	39%	38%	41%	36%	35%	40%	40%	20%	41%	41%
Neither agree nor disagree	16%	15%	14%	19%	15%	17%	15%	23%	20%	8%
Somewhat disagree	10%	11%	9%	13%	9%	12%	10%	9%	12%	8%
Strongly disagree	12%	13%	10%	15%	8%	11%	16%	25%	13%	7%
No opinion	2%	3%	1%	1%	2%	3%	1%	10%	2%	1%

AI Companion Poll

May 2026



28. To what extent do you agree or disagree with the following statements? AI... – Makes moral judgments about right and wrong

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	16%	19%	13%	20%	8%	16%	16%
Somewhat agree	26%	24%	29%	31%	17%	25%	29%
Neither agree nor disagree	25%	25%	24%	23%	27%	27%	21%
Somewhat disagree	11%	11%	11%	12%	10%	11%	12%
Strongly disagree	17%	17%	18%	12%	29%	16%	19%
No opinion	4%	3%	5%	2%	10%	5%	4%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	16%	12%	22%	22%	17%	16%	17%	19%	12%	17%	16%
Somewhat agree	26%	26%	26%	28%	25%	27%	27%	17%	26%	29%	28%
Neither agree nor disagree	25%	26%	25%	22%	29%	24%	19%	27%	30%	22%	24%
Somewhat disagree	11%	13%	7%	10%	8%	13%	14%	12%	9%	11%	14%
Strongly disagree	17%	19%	17%	12%	17%	15%	19%	18%	20%	17%	14%
No opinion	4%	4%	4%	6%	4%	5%	3%	6%	3%	4%	4%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	16%	16%	17%	16%	22%	14%	15%	8%	10%	27%
Somewhat agree	26%	26%	28%	24%	33%	27%	21%	10%	26%	31%
Neither agree nor disagree	25%	23%	24%	27%	19%	27%	25%	22%	27%	21%
Somewhat disagree	11%	13%	11%	12%	11%	13%	10%	16%	12%	10%
Strongly disagree	17%	18%	17%	16%	12%	15%	24%	30%	21%	9%
No opinion	4%	3%	4%	6%	4%	4%	5%	14%	4%	2%

AI Companion Poll

May 2026



29. To what extent do you agree or disagree with the following statements? AI... – Cares about my well-being

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	17%	17%	17%	22%	8%	14%	22%
Somewhat agree	19%	21%	17%	23%	11%	19%	19%
Neither agree nor disagree	26%	25%	26%	25%	28%	28%	21%
Somewhat disagree	10%	10%	10%	9%	11%	11%	7%
Strongly disagree	25%	24%	26%	20%	34%	23%	27%
No opinion	4%	3%	4%	2%	8%	4%	3%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	17%	15%	19%	21%	18%	16%	18%	19%	16%	18%	16%
Somewhat agree	19%	19%	19%	18%	18%	22%	19%	14%	12%	20%	25%
Neither agree nor disagree	26%	24%	29%	28%	28%	25%	21%	28%	24%	25%	27%
Somewhat disagree	10%	11%	7%	9%	10%	10%	9%	8%	13%	9%	10%
Strongly disagree	25%	28%	23%	18%	21%	24%	30%	27%	33%	24%	18%
No opinion	4%	3%	3%	5%	4%	3%	4%	3%	2%	4%	4%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	17%	16%	21%	14%	26%	14%	15%	10%	10%	30%
Somewhat agree	19%	20%	20%	15%	20%	22%	15%	2%	19%	23%
Neither agree nor disagree	26%	23%	26%	30%	22%	28%	25%	21%	27%	25%
Somewhat disagree	10%	9%	10%	10%	12%	10%	7%	9%	13%	5%
Strongly disagree	25%	28%	21%	25%	16%	23%	34%	44%	28%	15%
No opinion	4%	4%	2%	7%	4%	3%	4%	15%	3%	2%

AI Companion Poll

May 2026



30. To what extent do you agree or disagree with the following statements? AI... – Gives me the support I need

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	20%	21%	19%	24%	11%	19%	22%
Somewhat agree	39%	39%	40%	42%	34%	39%	40%
Neither agree nor disagree	19%	19%	19%	16%	25%	21%	15%
Somewhat disagree	9%	10%	9%	9%	10%	9%	9%
Strongly disagree	10%	10%	9%	7%	15%	9%	11%
No opinion	3%	2%	3%	1%	5%	3%	2%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	20%	17%	24%	25%	22%	19%	23%	19%	15%	21%	22%
Somewhat agree	39%	39%	38%	42%	36%	46%	35%	36%	40%	38%	44%
Neither agree nor disagree	19%	21%	17%	15%	23%	16%	17%	25%	21%	19%	14%
Somewhat disagree	9%	10%	11%	7%	10%	8%	10%	6%	12%	11%	7%
Strongly disagree	10%	11%	9%	8%	7%	10%	12%	11%	10%	9%	9%
No opinion	3%	3%	1%	3%	2%	3%	3%	3%	2%	2%	3%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	20%	20%	24%	14%	25%	19%	18%	8%	14%	32%
Somewhat agree	39%	39%	39%	43%	43%	38%	38%	16%	40%	44%
Neither agree nor disagree	19%	19%	18%	20%	14%	22%	18%	27%	21%	14%
Somewhat disagree	9%	11%	7%	12%	9%	10%	9%	14%	12%	4%
Strongly disagree	10%	10%	10%	8%	6%	8%	14%	21%	11%	4%
No opinion	3%	2%	2%	2%	3%	3%	3%	14%	2%	1%

AI Companion Poll

May 2026



31. To what extent do you agree or disagree with the following statements? AI... – Gives me good advice

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	28%	29%	28%	31%	22%	28%	29%
Somewhat agree	43%	41%	45%	44%	41%	41%	46%
Neither agree nor disagree	19%	19%	18%	15%	27%	20%	17%
Somewhat disagree	5%	6%	4%	5%	4%	6%	3%
Strongly disagree	3%	3%	3%	3%	4%	3%	3%
No opinion	2%	2%	2%	1%	3%	2%	2%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	28%	26%	31%	32%	31%	28%	27%	29%	24%	30%	27%
Somewhat agree	43%	46%	36%	39%	40%	43%	46%	38%	45%	42%	46%
Neither agree nor disagree	19%	19%	23%	16%	19%	17%	18%	19%	21%	19%	17%
Somewhat disagree	5%	4%	3%	8%	5%	5%	5%	8%	7%	4%	4%
Strongly disagree	3%	3%	4%	3%	3%	3%	3%	5%	3%	1%	5%
No opinion	2%	2%	2%	2%	1%	3%	1%	1%	1%	3%	2%

	Lean Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	28%	25%	34%	24%	34%	26%	27%	10%	20%	44%
Somewhat agree	43%	41%	46%	41%	36%	46%	44%	35%	45%	41%
Neither agree nor disagree	19%	20%	15%	24%	19%	18%	20%	25%	25%	8%
Somewhat disagree	5%	7%	2%	7%	6%	4%	5%	11%	5%	4%
Strongly disagree	3%	5%	2%	3%	2%	4%	3%	10%	3%	1%
No opinion	2%	1%	2%	1%	3%	1%	2%	8%	1%	1%

AI Companion Poll

May 2026



32. To what extent do you agree or disagree with the following statements? AI... – Validates my feelings

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	23%	21%	26%	28%	13%	22%	26%
Somewhat agree	32%	33%	32%	37%	23%	32%	34%
Neither agree nor disagree	21%	22%	21%	19%	26%	24%	16%
Somewhat disagree	6%	7%	5%	5%	8%	6%	6%
Strongly disagree	13%	13%	12%	8%	23%	12%	13%
No opinion	4%	4%	4%	2%	7%	4%	4%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	23%	23%	22%	24%	23%	24%	25%	24%	22%	21%	29%
Somewhat agree	32%	30%	25%	42%	33%	31%	33%	30%	30%	36%	29%
Neither agree nor disagree	21%	22%	25%	18%	22%	23%	17%	20%	18%	22%	24%
Somewhat disagree	6%	7%	5%	5%	7%	4%	8%	10%	8%	6%	4%
Strongly disagree	13%	14%	18%	8%	11%	14%	14%	12%	19%	12%	9%
No opinion	4%	4%	4%	4%	4%	3%	4%	5%	3%	3%	5%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	23%	24%	25%	18%	30%	22%	21%	9%	18%	36%
Somewhat agree	32%	32%	33%	32%	34%	34%	29%	21%	32%	36%
Neither agree nor disagree	21%	20%	20%	27%	19%	22%	23%	23%	23%	18%
Somewhat disagree	6%	7%	5%	9%	5%	8%	6%	6%	8%	3%
Strongly disagree	13%	13%	14%	10%	9%	12%	17%	27%	15%	6%
No opinion	4%	4%	3%	3%	4%	3%	5%	13%	4%	1%

AI Companion Poll

May 2026



33. How helpful do you find the advice and conversation you have with AI when it comes to... – Talking about problems in your romantic or sexual relationships

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	19%	18%	20%	25%	6%	17%	21%
Moderately helpful	20%	21%	18%	25%	10%	18%	22%
Slightly helpful	12%	14%	10%	14%	8%	14%	9%
Not helpful	13%	17%	8%	12%	14%	13%	13%
I don't talk with AI about this topic	37%	31%	44%	24%	63%	38%	35%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	19%	16%	28%	20%	17%	22%	19%	14%	17%	22%	16%
Moderately helpful	20%	20%	16%	21%	18%	21%	22%	19%	18%	19%	23%
Slightly helpful	12%	11%	13%	14%	14%	13%	9%	10%	14%	11%	14%
Not helpful	13%	12%	12%	14%	14%	11%	14%	18%	13%	12%	11%
I don't talk with AI about this topic	37%	41%	31%	30%	37%	33%	37%	38%	39%	36%	36%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	19%	19%	21%	14%	28%	18%	13%	4%	11%	33%
Moderately helpful	20%	18%	24%	17%	20%	25%	13%	7%	18%	25%
Slightly helpful	12%	10%	12%	18%	15%	10%	12%	13%	14%	9%
Not helpful	13%	15%	10%	10%	10%	11%	17%	27%	14%	8%
I don't talk with AI about this topic	37%	38%	34%	42%	27%	36%	45%	49%	42%	25%

AI Companion Poll

May 2026



34. How helpful do you find the advice and conversation you have with AI when it comes to... – Talking about your health problems

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	30%	29%	31%	35%	21%	28%	34%
Moderately helpful	31%	32%	30%	33%	27%	32%	30%
Slightly helpful	18%	18%	16%	18%	17%	19%	15%
Not helpful	6%	8%	4%	6%	8%	7%	6%
I don't talk with AI about this topic	15%	12%	18%	9%	27%	15%	15%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	30%	30%	34%	29%	28%	34%	31%	28%	24%	31%	34%
Moderately helpful	31%	29%	33%	33%	32%	29%	32%	32%	36%	32%	25%
Slightly helpful	18%	18%	11%	20%	19%	16%	17%	14%	16%	17%	21%
Not helpful	6%	6%	6%	6%	7%	6%	7%	9%	6%	6%	6%
I don't talk with AI about this topic	15%	17%	16%	11%	14%	16%	13%	16%	19%	14%	13%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	30%	29%	35%	24%	31%	31%	29%	8%	21%	49%
Moderately helpful	31%	30%	28%	38%	33%	31%	30%	33%	30%	32%
Slightly helpful	18%	18%	17%	17%	19%	19%	15%	11%	23%	11%
Not helpful	6%	7%	7%	5%	6%	6%	7%	16%	8%	2%
I don't talk with AI about this topic	15%	16%	13%	15%	11%	14%	19%	32%	18%	7%

AI Companion Poll

May 2026



35. How helpful do you find the advice and conversation you have with AI when it comes to... – Talking about your mental health

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	22%	20%	23%	28%	9%	21%	22%
Moderately helpful	28%	28%	28%	34%	16%	28%	28%
Slightly helpful	16%	17%	13%	17%	12%	17%	14%
Not helpful	9%	11%	6%	8%	10%	9%	8%
I don't talk with AI about this topic	26%	23%	30%	13%	52%	25%	28%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	22%	18%	31%	24%	27%	19%	20%	14%	22%	23%	24%
Moderately helpful	28%	29%	20%	30%	23%	33%	27%	27%	28%	30%	25%
Slightly helpful	16%	15%	18%	15%	16%	14%	16%	13%	13%	15%	21%
Not helpful	9%	9%	10%	8%	9%	8%	9%	14%	8%	9%	6%
I don't talk with AI about this topic	26%	29%	21%	22%	25%	25%	28%	32%	30%	24%	24%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	22%	22%	24%	18%	32%	21%	16%	9%	15%	35%
Moderately helpful	28%	28%	29%	27%	24%	32%	26%	14%	26%	34%
Slightly helpful	16%	13%	15%	19%	17%	16%	14%	10%	18%	13%
Not helpful	9%	12%	7%	7%	9%	8%	10%	21%	10%	4%
I don't talk with AI about this topic	26%	25%	26%	29%	18%	23%	35%	45%	31%	14%

AI Companion Poll

May 2026



36. How helpful do you find the advice and conversation you have with AI when it comes to... – Dealing with problems in your life

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	22%	21%	23%	27%	11%	20%	24%
Moderately helpful	34%	31%	37%	39%	24%	33%	35%
Slightly helpful	18%	20%	16%	17%	20%	20%	15%
Not helpful	9%	10%	6%	9%	8%	9%	8%
I don't talk with AI about this topic	18%	17%	18%	8%	36%	18%	17%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	22%	21%	22%	24%	22%	23%	21%	18%	16%	23%	26%
Moderately helpful	34%	34%	36%	34%	34%	33%	36%	33%	35%	34%	33%
Slightly helpful	18%	18%	16%	19%	17%	18%	18%	17%	20%	18%	18%
Not helpful	9%	8%	11%	9%	11%	7%	8%	9%	9%	8%	9%
I don't talk with AI about this topic	18%	19%	15%	15%	16%	18%	17%	23%	20%	17%	14%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	22%	21%	27%	11%	27%	24%	16%	6%	15%	35%
Moderately helpful	34%	34%	32%	38%	34%	37%	31%	12%	35%	38%
Slightly helpful	18%	17%	17%	24%	21%	17%	18%	24%	19%	15%
Not helpful	9%	10%	7%	8%	6%	7%	11%	21%	10%	4%
I don't talk with AI about this topic	18%	17%	17%	19%	13%	15%	24%	37%	21%	8%

AI Companion Poll

May 2026



37. How helpful do you find the advice and conversation you have with AI when it comes to... – Helping you make personal decisions

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	25%	25%	25%	31%	14%	24%	27%
Moderately helpful	34%	33%	35%	38%	25%	34%	34%
Slightly helpful	17%	17%	16%	15%	21%	17%	17%
Not helpful	8%	9%	6%	8%	8%	8%	7%
I don't talk with AI about this topic	16%	15%	18%	9%	32%	17%	15%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	25%	23%	27%	29%	25%	26%	27%	25%	17%	25%	31%
Moderately helpful	34%	34%	33%	34%	33%	34%	33%	29%	34%	36%	32%
Slightly helpful	17%	18%	14%	17%	18%	15%	17%	12%	21%	17%	16%
Not helpful	8%	7%	8%	9%	8%	8%	8%	14%	8%	6%	7%
I don't talk with AI about this topic	16%	18%	18%	11%	16%	16%	15%	20%	20%	15%	15%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	25%	24%	30%	21%	31%	27%	19%	11%	15%	43%
Moderately helpful	34%	31%	35%	34%	34%	38%	29%	19%	36%	33%
Slightly helpful	17%	17%	16%	18%	15%	14%	22%	15%	20%	13%
Not helpful	8%	11%	5%	8%	7%	6%	10%	22%	8%	5%
I don't talk with AI about this topic	16%	17%	14%	19%	13%	15%	20%	33%	20%	7%

AI Companion Poll

May 2026



38. How helpful do you find the advice and conversation you have with AI when it comes to... – Handling social situations in your life

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	22%	22%	23%	29%	9%	22%	24%
Moderately helpful	28%	28%	28%	32%	20%	27%	30%
Slightly helpful	17%	16%	18%	18%	14%	17%	16%
Not helpful	9%	11%	6%	8%	11%	9%	10%
I don't talk with AI about this topic	24%	23%	24%	12%	47%	25%	20%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	22%	20%	28%	25%	22%	26%	21%	20%	15%	24%	26%
Moderately helpful	28%	27%	28%	30%	28%	27%	31%	27%	27%	28%	31%
Slightly helpful	17%	17%	13%	19%	18%	16%	13%	14%	21%	17%	16%
Not helpful	9%	9%	11%	7%	10%	7%	11%	12%	12%	9%	6%
I don't talk with AI about this topic	24%	27%	20%	19%	22%	25%	23%	27%	26%	22%	22%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	22%	22%	24%	22%	28%	25%	15%	9%	13%	40%
Moderately helpful	28%	27%	30%	27%	29%	29%	27%	12%	29%	30%
Slightly helpful	17%	16%	16%	20%	19%	17%	15%	16%	20%	13%
Not helpful	9%	11%	8%	6%	7%	7%	13%	24%	10%	4%
I don't talk with AI about this topic	24%	24%	23%	24%	17%	22%	30%	39%	29%	12%

AI Companion Poll

May 2026



39. How helpful do you find the advice and conversation you have with AI when it comes to... – Helping you learn

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	49%	49%	50%	53%	42%	47%	53%
Moderately helpful	33%	34%	31%	31%	36%	32%	33%
Slightly helpful	14%	15%	13%	12%	18%	16%	11%
Not helpful	1%	1%	1%	2%	0%	2%	1%
I don't talk with AI about this topic	3%	1%	5%	2%	4%	3%	3%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	49%	48%	53%	50%	48%	49%	52%	42%	43%	51%	55%
Moderately helpful	33%	33%	25%	34%	31%	34%	33%	40%	35%	31%	28%
Slightly helpful	14%	14%	16%	12%	17%	13%	11%	13%	16%	13%	14%
Not helpful	1%	1%	2%	2%	2%	1%	2%	1%	1%	2%	1%
I don't talk with AI about this topic	3%	3%	4%	1%	2%	3%	2%	3%	5%	3%	2%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	49%	50%	53%	40%	45%	50%	52%	22%	44%	63%
Moderately helpful	33%	33%	33%	32%	36%	32%	31%	28%	36%	29%
Slightly helpful	14%	12%	12%	23%	17%	14%	12%	34%	15%	7%
Not helpful	1%	2%	0%	3%	1%	1%	2%	5%	1%	1%
I don't talk with AI about this topic	3%	4%	2%	3%	1%	3%	4%	10%	3%	1%

AI Companion Poll

May 2026



40. How helpful do you find the advice and conversation you have with AI when it comes to... – Helping you consider new ideas

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Very helpful	38%	36%	40%	43%	29%	37%	40%
Moderately helpful	35%	39%	31%	35%	35%	34%	37%
Slightly helpful	15%	15%	15%	14%	18%	16%	14%
Not helpful	3%	4%	3%	3%	4%	3%	3%
I don't talk with AI about this topic	8%	6%	10%	4%	15%	9%	6%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Very helpful	38%	36%	40%	43%	38%	41%	36%	34%	28%	39%	48%
Moderately helpful	35%	36%	32%	36%	33%	34%	40%	40%	45%	34%	28%
Slightly helpful	15%	16%	14%	15%	17%	14%	15%	13%	15%	17%	14%
Not helpful	3%	3%	6%	2%	4%	3%	2%	6%	3%	3%	2%
I don't talk with AI about this topic	8%	9%	8%	5%	8%	8%	7%	7%	8%	8%	7%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Very helpful	38%	38%	40%	35%	36%	39%	39%	22%	30%	54%
Moderately helpful	35%	35%	35%	36%	34%	35%	36%	31%	41%	28%
Slightly helpful	15%	16%	14%	17%	18%	16%	13%	18%	17%	12%
Not helpful	3%	4%	3%	4%	4%	4%	2%	10%	3%	2%
I don't talk with AI about this topic	8%	7%	8%	8%	8%	7%	9%	20%	8%	5%

AI Companion Poll

May 2026



41. How would you feel if you could no longer talk to AI about personal matters?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
I would miss it a lot	24%	26%	23%	32%	10%	24%	25%
I would miss it a bit	40%	38%	42%	43%	34%	40%	39%
I wouldn't miss it at all	36%	36%	35%	26%	56%	36%	36%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
I would miss it a lot	24%	22%	23%	30%	25%	25%	24%	22%	17%	26%	29%
I would miss it a bit	40%	39%	43%	40%	41%	42%	35%	39%	41%	41%	39%
I wouldn't miss it at all	36%	39%	33%	30%	34%	33%	41%	40%	42%	34%	32%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
I would miss it a lot	24%	26%	28%	16%	32%	25%	19%	6%	14%	44%
I would miss it a bit	40%	34%	40%	49%	40%	42%	37%	25%	43%	38%
I wouldn't miss it at all	36%	40%	32%	35%	28%	33%	44%	69%	42%	18%

AI Companion Poll

May 2026



42. Do you ever tell AI things that you would NOT tell other people?

	Gender				Age			Education			
	Total	Man	Woman		18-44	45+		No 4-Yr Degree	4+ Yr Degree		
Yes	39%	38%	41%		45%	28%		39%		40%	
No	61%	62%	59%		55%	72%		61%		60%	
	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Yes	39%	39%	30%	44%	42%	35%	42%	31%	38%	36%	50%
No	61%	61%	70%	56%	58%	65%	58%	69%	62%	64%	50%
	Leaned Party ID				Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage	
Yes	39%	39%	41%	35%	47%	40%	32%	14%	34%	53%	
No	61%	61%	59%	65%	53%	60%	68%	86%	66%	47%	

AI Companion Poll

May 2026



43. Does AI ever seem to... (Select all that apply)

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Agree with you too much	35%	37%	32%	40%	23%	33%	36%
Want to keep you talking with it	27%	29%	26%	31%	21%	29%	26%
Hurt your feelings	4%	4%	4%	5%	2%	4%	4%
Discourage you from talking with other people	6%	7%	4%	8%	3%	7%	5%
Be more reliable or supportive than your friends or family	20%	17%	24%	23%	14%	21%	19%
Make you feel lonely	7%	10%	4%	9%	3%	7%	8%
Make you feel less in touch with reality	15%	17%	12%	17%	10%	14%	16%
None of the above	38%	36%	41%	31%	52%	38%	39%

AI Companion Poll

May 2026



	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Agree with you too much	35%	37%	25%	34%	32%	33%	39%	27%	36%	37%	34%
Want to keep you talking with it	27%	27%	26%	28%	29%	25%	28%	21%	29%	29%	28%
Hurt your feelings	4%	4%	2%	6%	5%	5%	2%	4%	4%	4%	5%
Discourage you from talking with other people	6%	4%	3%	13%	8%	5%	4%	6%	2%	7%	7%
Be more reliable or supportive than your friends or family	20%	20%	13%	23%	25%	17%	19%	14%	22%	20%	23%
Make you feel lonely	7%	7%	6%	10%	8%	8%	6%	8%	6%	7%	10%
Make you feel less in touch with reality	15%	15%	8%	19%	15%	15%	14%	15%	13%	14%	17%
None of the above	38%	37%	49%	34%	34%	42%	37%	42%	35%	38%	37%

	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Agree with you too much	35%	37%	33%	34%	31%	33%	39%	23%	34%	39%
Want to keep you talking with it	27%	26%	28%	30%	27%	29%	25%	20%	29%	27%
Hurt your feelings	4%	3%	5%	5%	4%	5%	3%	—	4%	5%
Discourage you from talking with other people	6%	5%	8%	4%	6%	8%	3%	8%	5%	6%
Be more reliable or supportive than your friends or family	20%	18%	25%	15%	27%	22%	13%	9%	18%	25%
Make you feel lonely	7%	6%	9%	10%	10%	9%	4%	7%	8%	7%
Make you feel less in touch with reality	15%	15%	16%	13%	17%	12%	16%	15%	14%	16%
None of the above	38%	40%	37%	33%	32%	39%	41%	48%	39%	34%

AI Companion Poll

May 2026



44. Do you think AI is...

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
A lot smarter than you are	32%	32%	33%	31%	34%	35%	28%
A little smarter than you are	22%	22%	23%	26%	15%	24%	19%
About as smart as you are	16%	17%	14%	17%	13%	14%	18%
A little less smart than you are	8%	8%	8%	9%	5%	7%	10%
A lot less smart than you are	8%	7%	9%	7%	11%	7%	10%
Don't know	14%	14%	14%	10%	21%	14%	14%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
A lot smarter than you are	32%	31%	30%	36%	36%	31%	31%	35%	25%	33%	35%
A little smarter than you are	22%	23%	25%	21%	23%	24%	21%	21%	22%	22%	24%
About as smart as you are	16%	16%	19%	13%	12%	19%	15%	13%	20%	15%	15%
A little less smart than you are	8%	7%	6%	11%	7%	8%	9%	6%	7%	8%	10%
A lot less smart than you are	8%	8%	9%	8%	8%	8%	10%	11%	10%	8%	5%
Don't know	14%	15%	12%	12%	14%	11%	16%	14%	16%	15%	10%

AI Companion Poll

May 2026



		Leaned Party ID			Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
A lot smarter than you are	32%	29%	37%	32%	32%	29%	37%	22%	30%	39%
A little smarter than you are	22%	26%	20%	19%	21%	28%	17%	13%	22%	25%
About as smart as you are	16%	15%	17%	15%	21%	16%	12%	15%	17%	14%
A little less smart than you are	8%	8%	9%	5%	8%	8%	8%	4%	9%	8%
A lot less smart than you are	8%	9%	6%	12%	6%	6%	11%	19%	8%	6%
Don't know	14%	13%	11%	17%	12%	13%	15%	26%	15%	9%

AI Companion Poll

May 2026



45. After your interactions with AI, how often do you feel... – Better

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	25%	24%	26%	29%	18%	25%	26%
Sometimes	52%	51%	53%	53%	50%	51%	52%
Rarely	12%	14%	10%	11%	15%	13%	11%
Never	11%	12%	10%	8%	18%	11%	11%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	25%	23%	28%	28%	27%	25%	24%	22%	23%	26%	27%
Sometimes	52%	53%	45%	52%	49%	55%	50%	51%	55%	52%	49%
Rarely	12%	13%	13%	9%	11%	10%	15%	17%	11%	11%	13%
Never	11%	11%	14%	11%	13%	10%	10%	11%	12%	11%	12%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	25%	23%	32%	17%	31%	22%	25%	6%	17%	42%
Sometimes	52%	52%	50%	51%	52%	55%	47%	41%	56%	48%
Rarely	12%	12%	9%	22%	11%	11%	14%	25%	14%	6%
Never	11%	12%	10%	10%	6%	12%	13%	28%	13%	4%

AI Companion Poll

May 2026



46. After your interactions with AI, how often do you feel... – Comforted

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	21%	18%	25%	25%	13%	20%	23%
Sometimes	44%	42%	46%	47%	37%	44%	44%
Rarely	17%	20%	13%	15%	20%	18%	14%
Never	18%	20%	16%	12%	30%	18%	19%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	21%	19%	25%	25%	23%	21%	21%	15%	24%	21%	24%
Sometimes	44%	45%	38%	45%	42%	46%	43%	41%	40%	47%	44%
Rarely	17%	18%	17%	14%	18%	15%	17%	23%	20%	13%	18%
Never	18%	18%	20%	16%	17%	18%	19%	21%	16%	20%	15%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	21%	20%	27%	10%	25%	22%	18%	7%	14%	35%
Sometimes	44%	42%	42%	53%	44%	45%	42%	35%	45%	45%
Rarely	17%	18%	14%	19%	18%	17%	16%	16%	20%	12%
Never	18%	20%	17%	17%	13%	16%	24%	42%	20%	9%

AI Companion Poll

May 2026



47. After your interactions with AI, how often do you feel... – Motivated

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	26%	24%	28%	31%	14%	24%	29%
Sometimes	49%	46%	52%	48%	51%	50%	47%
Rarely	14%	18%	9%	12%	18%	14%	14%
Never	11%	12%	11%	8%	17%	12%	10%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	26%	22%	36%	29%	27%	25%	27%	22%	27%	27%	24%
Sometimes	49%	51%	41%	50%	46%	50%	49%	49%	44%	50%	51%
Rarely	14%	15%	12%	14%	16%	13%	13%	15%	15%	13%	16%
Never	11%	13%	12%	8%	11%	11%	11%	14%	13%	11%	8%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	26%	26%	30%	19%	32%	22%	25%	5%	19%	40%
Sometimes	49%	45%	50%	53%	47%	49%	50%	45%	53%	43%
Rarely	14%	17%	10%	16%	14%	16%	12%	15%	15%	12%
Never	11%	12%	10%	12%	6%	12%	14%	35%	12%	4%

AI Companion Poll

May 2026



48. After your interactions with AI, how often do you feel... – Confident

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	25%	26%	23%	29%	15%	25%	25%
Sometimes	48%	44%	52%	48%	48%	47%	49%
Rarely	15%	16%	14%	13%	19%	16%	15%
Never	12%	13%	11%	9%	19%	13%	11%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	25%	21%	34%	29%	27%	23%	27%	23%	17%	27%	27%
Sometimes	48%	50%	43%	45%	45%	52%	46%	38%	60%	45%	49%
Rarely	15%	16%	8%	18%	16%	12%	15%	26%	11%	15%	13%
Never	12%	13%	15%	9%	12%	13%	12%	14%	12%	13%	10%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	25%	25%	29%	17%	27%	24%	24%	7%	18%	39%
Sometimes	48%	45%	51%	46%	48%	52%	43%	39%	50%	47%
Rarely	15%	16%	8%	27%	17%	13%	16%	27%	18%	8%
Never	12%	13%	12%	11%	8%	11%	17%	27%	14%	6%

AI Companion Poll

May 2026



49. After your interactions with AI, how often do you feel... – Worse

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	2%	2%	2%	3%	1%	2%	1%
Sometimes	14%	17%	11%	16%	11%	14%	14%
Rarely	30%	29%	31%	31%	28%	30%	31%
Never	54%	51%	56%	50%	61%	54%	53%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	2%	2%	1%	1%	2%	1%	2%	1%	2%	1%	4%
Sometimes	14%	13%	15%	18%	14%	17%	11%	20%	15%	12%	14%
Rarely	30%	30%	28%	30%	29%	28%	34%	25%	27%	33%	30%
Never	54%	54%	56%	51%	55%	54%	53%	54%	56%	53%	53%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	2%	2%	2%	1%	4%	2%	1%	4%	2%	2%
Sometimes	14%	13%	15%	16%	15%	14%	15%	13%	15%	14%
Rarely	30%	31%	28%	34%	30%	35%	25%	23%	30%	32%
Never	54%	54%	56%	49%	52%	49%	60%	60%	54%	52%

AI Companion Poll

May 2026



50. After your interactions with AI, how often do you feel... – Judged

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	3%	3%	4%	4%	2%	2%	6%
Sometimes	13%	16%	10%	15%	11%	14%	13%
Rarely	25%	26%	24%	27%	20%	24%	27%
Never	58%	56%	62%	54%	67%	61%	54%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	3%	4%	5%	2%	3%	1%	6%	—	7%	3%	4%
Sometimes	13%	11%	13%	19%	18%	11%	10%	23%	8%	11%	16%
Rarely	25%	27%	20%	24%	21%	29%	26%	20%	25%	25%	28%
Never	58%	59%	62%	55%	58%	59%	57%	57%	60%	61%	53%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	3%	3%	4%	1%	6%	2%	2%	—	3%	4%
Sometimes	13%	12%	14%	16%	14%	13%	13%	19%	12%	14%
Rarely	25%	24%	26%	27%	28%	27%	21%	22%	25%	25%
Never	58%	61%	56%	56%	52%	58%	64%	59%	59%	57%

AI Companion Poll

May 2026



51. After your interactions with AI, how often do you feel... – Insecure

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	2%	2%	2%	2%	2%	1%	3%
Sometimes	12%	13%	10%	14%	7%	12%	12%
Rarely	27%	27%	27%	29%	23%	27%	27%
Never	59%	58%	60%	54%	69%	59%	58%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	2%	2%	2%	1%	1%	3%	2%	—	1%	2%	4%
Sometimes	12%	10%	13%	16%	14%	11%	11%	19%	6%	12%	12%
Rarely	27%	27%	22%	31%	28%	25%	26%	27%	29%	25%	29%
Never	59%	61%	63%	53%	57%	61%	61%	54%	64%	61%	55%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	2%	2%	3%	1%	3%	2%	1%	—	2%	3%
Sometimes	12%	11%	10%	20%	14%	10%	12%	20%	10%	13%
Rarely	27%	25%	30%	23%	30%	34%	17%	11%	30%	26%
Never	59%	62%	57%	55%	53%	54%	69%	69%	58%	59%

AI Companion Poll

May 2026



52. After your interactions with AI, how often do you feel... – Confused

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Often	3%	4%	2%	4%	2%	4%	2%
Sometimes	25%	25%	25%	26%	24%	27%	21%
Rarely	35%	35%	36%	37%	31%	34%	37%
Never	36%	36%	37%	33%	43%	35%	39%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Often	3%	3%	5%	4%	3%	4%	2%	1%	3%	4%	2%
Sometimes	25%	24%	21%	29%	27%	22%	27%	30%	27%	23%	25%
Rarely	35%	37%	27%	35%	35%	35%	33%	31%	34%	34%	40%
Never	36%	36%	47%	32%	35%	39%	38%	38%	36%	38%	33%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Often	3%	4%	3%	3%	4%	3%	3%	8%	2%	3%
Sometimes	25%	25%	24%	28%	31%	25%	20%	29%	24%	26%
Rarely	35%	31%	36%	43%	34%	37%	34%	20%	38%	34%
Never	36%	39%	38%	26%	30%	34%	43%	42%	36%	36%

AI Companion Poll

May 2026



53. Do you ever use AI for the following purposes? (Select all that apply)

	Total	Gender			Age		Education			
		Man	Woman		18-44	45+	No 4-Yr Degree	4+ Yr Degree		
Assess your AI usage	20%	23%	16%		25%	10%	19%	21%		
Sexual chat or roleplay	9%	11%	5%		11%	4%	10%	6%		
Exploration of identity and self-worth	21%	23%	19%		26%	11%	22%	20%		
Feeling lonely or depressed	23%	23%	23%		28%	13%	23%	22%		
Problems in your personal relationships	29%	26%	32%		36%	14%	28%	31%		
Problems in your work relationships	26%	26%	27%		33%	13%	23%	32%		
To pass time	39%	40%	39%		45%	28%	38%	41%		
None of the above	32%	32%	31%		22%	51%	32%	30%		

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Assess your AI usage	20%	20%	16%	22%	19%	19%	21%	23%	17%	21%	17%
Sexual chat or roleplay	9%	8%	6%	12%	11%	9%	5%	7%	7%	8%	12%
Exploration of identity and self-worth	21%	19%	19%	28%	24%	21%	19%	18%	22%	21%	24%
Feeling lonely or depressed	23%	24%	21%	20%	22%	24%	21%	17%	26%	20%	29%
Problems in your personal relationships	29%	29%	30%	29%	26%	29%	32%	25%	32%	27%	32%
Problems in your work relationships	26%	25%	27%	29%	23%	27%	30%	19%	26%	28%	27%
To pass time	39%	42%	37%	35%	38%	43%	36%	30%	36%	44%	39%
None of the above	32%	31%	38%	29%	31%	30%	35%	36%	33%	31%	29%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Assess your AI usage	20%	16%	21%	27%	24%	18%	19%	6%	17%	27%
Sexual chat or roleplay	9%	8%	9%	10%	9%	9%	8%	4%	8%	11%
Exploration of identity and self-worth	21%	19%	21%	27%	29%	20%	18%	10%	17%	31%
Feeling lonely or depressed	23%	19%	25%	25%	28%	24%	17%	6%	21%	29%
Problems in your personal relationships	29%	31%	28%	26%	32%	30%	25%	10%	23%	42%
Problems in your work relationships	26%	28%	30%	19%	28%	28%	24%	4%	19%	42%
To pass time	39%	34%	42%	47%	39%	42%	36%	25%	38%	44%
None of the above	32%	35%	33%	20%	25%	27%	42%	60%	35%	20%

AI Companion Poll

May 2026



54. In the future, how many people do you think will have important, friendly relationships with AI?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Most people	30%	31%	29%	32%	25%	30%	31%
Some people	54%	51%	58%	53%	58%	55%	54%
Very few people	13%	14%	11%	12%	14%	12%	13%
No one	3%	3%	2%	3%	2%	3%	2%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Most people	30%	27%	36%	33%	32%	29%	30%	28%	26%	32%	32%
Some people	54%	57%	49%	51%	48%	59%	56%	53%	56%	55%	53%
Very few people	13%	14%	7%	13%	17%	10%	10%	14%	16%	11%	12%
No one	3%	2%	7%	3%	3%	2%	4%	6%	2%	2%	2%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Most people	30%	26%	35%	29%	30%	28%	33%	14%	24%	43%
Some people	54%	58%	50%	56%	53%	57%	52%	58%	58%	48%
Very few people	13%	12%	14%	12%	15%	12%	12%	21%	15%	8%
No one	3%	4%	2%	4%	2%	3%	3%	7%	3%	1%

AI Companion Poll

May 2026



55. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – People will form meaningful friendships with AI

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	19%	21%	18%	22%	15%	19%	20%
This will probably happen	39%	40%	38%	38%	42%	39%	39%
This may or may not happen	32%	30%	34%	32%	33%	33%	30%
This will probably not happen	6%	6%	7%	5%	8%	6%	6%
This will definitely not happen	3%	3%	4%	4%	3%	3%	4%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	19%	17%	22%	24%	21%	20%	18%	21%	17%	20%	18%
This will probably happen	39%	41%	38%	35%	36%	42%	40%	33%	37%	41%	41%
This may or may not happen	32%	32%	32%	33%	34%	31%	30%	36%	37%	29%	31%
This will probably not happen	6%	7%	6%	6%	7%	3%	8%	8%	5%	6%	7%
This will definitely not happen	3%	4%	2%	2%	3%	3%	4%	3%	4%	4%	2%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	19%	17%	22%	16%	20%	16%	23%	10%	14%	30%
This will probably happen	39%	37%	41%	40%	39%	41%	37%	33%	40%	39%
This may or may not happen	32%	35%	30%	33%	36%	33%	29%	39%	34%	27%
This will probably not happen	6%	8%	4%	5%	4%	7%	7%	10%	8%	3%
This will definitely not happen	3%	3%	3%	6%	2%	3%	5%	8%	4%	2%

AI Companion Poll

May 2026



56. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Social isolation and loneliness will increase

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	22%	23%	21%	23%	21%	20%	26%
This will probably happen	35%	37%	32%	36%	33%	34%	36%
This may or may not happen	30%	27%	33%	28%	34%	32%	26%
This will probably not happen	8%	8%	9%	8%	9%	10%	5%
This will definitely not happen	5%	5%	5%	6%	3%	4%	6%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	22%	20%	29%	24%	23%	22%	22%	20%	23%	24%	20%
This will probably happen	35%	36%	30%	34%	34%	33%	38%	35%	35%	34%	36%
This may or may not happen	30%	31%	29%	27%	28%	33%	28%	33%	26%	30%	30%
This will probably not happen	8%	8%	9%	10%	10%	9%	6%	7%	9%	9%	8%
This will definitely not happen	5%	5%	2%	6%	5%	3%	7%	5%	6%	3%	6%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	22%	22%	22%	20%	17%	18%	30%	23%	21%	23%
This will probably happen	35%	35%	36%	36%	41%	36%	29%	29%	36%	34%
This may or may not happen	30%	31%	26%	34%	30%	31%	28%	38%	30%	27%
This will probably not happen	8%	8%	9%	9%	8%	9%	8%	8%	9%	7%
This will definitely not happen	5%	5%	7%	1%	3%	6%	5%	1%	3%	8%

AI Companion Poll

May 2026



57. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Mental health problems will become more common

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	19%	20%	18%	22%	15%	20%	19%
This will probably happen	27%	27%	28%	28%	26%	27%	29%
This may or may not happen	33%	32%	36%	30%	42%	32%	36%
This will probably not happen	14%	16%	12%	14%	14%	16%	11%
This will definitely not happen	6%	6%	6%	6%	5%	6%	5%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	19%	18%	22%	21%	20%	21%	16%	14%	21%	22%	18%
This will probably happen	27%	28%	30%	24%	26%	28%	28%	22%	25%	29%	29%
This may or may not happen	33%	36%	29%	31%	31%	32%	39%	42%	35%	33%	27%
This will probably not happen	14%	13%	12%	17%	13%	16%	13%	14%	13%	11%	20%
This will definitely not happen	6%	5%	6%	7%	9%	3%	4%	8%	6%	5%	5%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	19%	18%	21%	18%	18%	17%	23%	13%	18%	23%
This will probably happen	27%	25%	31%	26%	27%	27%	28%	34%	28%	25%
This may or may not happen	33%	36%	28%	37%	35%	34%	32%	42%	37%	27%
This will probably not happen	14%	13%	15%	16%	12%	16%	14%	10%	13%	17%
This will definitely not happen	6%	7%	6%	2%	7%	6%	4%	1%	4%	9%

AI Companion Poll

May 2026



58. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – People will find it harder to get a job, or work that they find meaningful

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	23%	24%	23%	25%	20%	23%	25%
This will probably happen	31%	32%	29%	33%	26%	31%	30%
This may or may not happen	32%	31%	32%	26%	43%	33%	29%
This will probably not happen	10%	8%	11%	10%	9%	9%	10%
This will definitely not happen	4%	5%	4%	6%	2%	4%	5%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	23%	21%	29%	26%	24%	25%	21%	23%	29%	24%	20%
This will probably happen	31%	32%	27%	29%	30%	29%	33%	35%	24%	32%	31%
This may or may not happen	32%	34%	29%	29%	31%	33%	30%	33%	30%	31%	33%
This will probably not happen	10%	9%	11%	12%	10%	10%	10%	4%	10%	10%	12%
This will definitely not happen	4%	5%	4%	4%	5%	3%	6%	5%	7%	3%	5%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	23%	23%	22%	26%	24%	18%	29%	22%	21%	27%
This will probably happen	31%	32%	28%	33%	31%	34%	27%	28%	33%	28%
This may or may not happen	32%	31%	33%	30%	35%	32%	28%	43%	34%	25%
This will probably not happen	10%	9%	10%	9%	7%	9%	12%	4%	9%	11%
This will definitely not happen	4%	5%	5%	2%	3%	6%	3%	2%	3%	8%

AI Companion Poll

May 2026



59. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Create new types of careers and opportunities

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	26%	28%	24%	28%	21%	24%	29%
This will probably happen	36%	36%	37%	34%	41%	34%	39%
This may or may not happen	25%	23%	28%	26%	25%	27%	22%
This will probably not happen	9%	10%	8%	8%	11%	10%	8%
This will definitely not happen	3%	3%	4%	4%	2%	4%	1%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	26%	24%	25%	31%	25%	27%	27%	26%	23%	23%	33%
This will probably happen	36%	38%	29%	36%	32%	37%	41%	37%	34%	35%	39%
This may or may not happen	25%	27%	29%	19%	26%	27%	21%	19%	26%	30%	20%
This will probably not happen	9%	9%	13%	9%	12%	7%	9%	14%	11%	10%	4%
This will definitely not happen	3%	2%	4%	5%	5%	2%	2%	3%	5%	2%	4%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	26%	24%	29%	23%	24%	25%	28%	10%	19%	40%
This will probably happen	36%	35%	39%	32%	43%	34%	34%	35%	39%	32%
This may or may not happen	25%	27%	23%	26%	23%	26%	26%	31%	29%	19%
This will probably not happen	9%	10%	7%	12%	8%	11%	8%	18%	9%	8%
This will definitely not happen	3%	3%	2%	7%	2%	4%	4%	7%	3%	2%

AI Companion Poll

May 2026



60. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Assist in significant advancements in healthcare and healthcare research

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	32%	32%	32%	32%	33%	28%	38%
This will probably happen	37%	38%	36%	33%	45%	38%	36%
This may or may not happen	25%	24%	27%	30%	17%	28%	21%
This will probably not happen	4%	5%	4%	4%	5%	4%	5%
This will definitely not happen	1%	1%	1%	1%	1%	1%	0%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	32%	31%	28%	37%	31%	33%	33%	29%	34%	31%	35%
This will probably happen	37%	39%	41%	32%	36%	38%	37%	33%	39%	36%	39%
This may or may not happen	25%	25%	29%	24%	28%	24%	25%	31%	20%	27%	23%
This will probably not happen	4%	4%	1%	6%	4%	5%	4%	5%	6%	5%	3%
This will definitely not happen	1%	1%	1%	1%	2%	0%	1%	1%	1%	1%	1%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	32%	32%	33%	31%	33%	27%	38%	20%	27%	43%
This will probably happen	37%	38%	37%	37%	40%	37%	35%	39%	40%	32%
This may or may not happen	25%	25%	25%	26%	25%	29%	21%	30%	28%	21%
This will probably not happen	4%	5%	4%	5%	2%	6%	5%	8%	5%	3%
This will definitely not happen	1%	1%	1%	1%	1%	1%	1%	3%	0%	1%

AI Companion Poll

May 2026



61. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Create greater economic productivity

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	19%	22%	17%	22%	13%	17%	24%
This will probably happen	32%	34%	30%	31%	35%	31%	34%
This may or may not happen	32%	28%	37%	29%	38%	35%	26%
This will probably not happen	12%	14%	11%	13%	10%	13%	11%
This will definitely not happen	4%	2%	6%	4%	4%	4%	5%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	19%	19%	20%	21%	18%	20%	23%	22%	17%	19%	21%
This will probably happen	32%	33%	31%	32%	28%	36%	34%	32%	31%	33%	31%
This may or may not happen	32%	33%	31%	29%	35%	30%	28%	27%	34%	32%	33%
This will probably not happen	12%	11%	12%	15%	14%	11%	12%	13%	14%	12%	11%
This will definitely not happen	4%	4%	6%	3%	5%	4%	3%	6%	5%	3%	4%

AI Companion Poll

May 2026



		Leaned Party ID			Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	19%	16%	25%	15%	22%	15%	23%	3%	15%	30%
This will probably happen	32%	33%	35%	29%	32%	35%	29%	22%	31%	37%
This may or may not happen	32%	33%	27%	37%	33%	34%	29%	43%	36%	23%
This will probably not happen	12%	13%	10%	15%	10%	12%	14%	19%	14%	9%
This will definitely not happen	4%	5%	3%	4%	3%	4%	5%	14%	4%	2%

AI Companion Poll

May 2026



62. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Enable more free time for individuals

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	21%	19%	23%	25%	13%	20%	23%
This will probably happen	36%	39%	32%	35%	38%	34%	40%
This may or may not happen	31%	31%	32%	28%	38%	34%	27%
This will probably not happen	9%	9%	8%	9%	9%	9%	8%
This will definitely not happen	3%	2%	5%	3%	3%	3%	2%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	21%	18%	30%	22%	19%	21%	24%	17%	22%	23%	19%
This will probably happen	36%	36%	33%	37%	34%	41%	33%	36%	35%	34%	39%
This may or may not happen	31%	34%	24%	29%	33%	28%	33%	31%	31%	32%	30%
This will probably not happen	9%	8%	8%	11%	9%	7%	9%	13%	7%	8%	9%
This will definitely not happen	3%	4%	5%	1%	5%	3%	2%	2%	5%	3%	3%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	21%	22%	23%	16%	23%	19%	22%	3%	16%	33%
This will probably happen	36%	35%	37%	33%	34%	37%	35%	23%	38%	36%
This may or may not happen	31%	31%	28%	39%	35%	31%	29%	44%	35%	23%
This will probably not happen	9%	9%	9%	7%	4%	10%	10%	20%	9%	6%
This will definitely not happen	3%	3%	2%	5%	4%	2%	3%	10%	2%	3%

AI Companion Poll

May 2026



63. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Lead to less trust in the news or news media

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	21%	22%	20%	22%	19%	22%	21%
This will probably happen	34%	34%	33%	34%	32%	30%	40%
This may or may not happen	33%	33%	33%	31%	38%	36%	29%
This will probably not happen	8%	6%	10%	8%	8%	9%	8%
This will definitely not happen	3%	4%	3%	4%	2%	4%	2%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	21%	21%	29%	20%	26%	19%	19%	20%	22%	21%	22%
This will probably happen	34%	33%	33%	36%	25%	42%	35%	32%	30%	35%	36%
This may or may not happen	33%	35%	28%	33%	36%	28%	34%	39%	34%	32%	32%
This will probably not happen	8%	8%	8%	9%	9%	8%	7%	6%	9%	8%	9%
This will definitely not happen	3%	4%	2%	3%	3%	2%	5%	2%	5%	4%	2%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	21%	18%	23%	26%	22%	16%	27%	16%	22%	22%
This will probably happen	34%	37%	33%	30%	34%	34%	34%	32%	35%	32%
This may or may not happen	33%	34%	31%	36%	33%	38%	28%	40%	35%	30%
This will probably not happen	8%	8%	9%	7%	7%	10%	7%	9%	7%	10%
This will definitely not happen	3%	3%	4%	1%	3%	3%	4%	3%	1%	6%

AI Companion Poll

May 2026



64. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Make education and information more accessible

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	38%	39%	37%	38%	40%	36%	42%
This will probably happen	35%	35%	36%	33%	39%	36%	35%
This may or may not happen	20%	18%	22%	21%	18%	20%	19%
This will probably not happen	5%	7%	4%	7%	3%	7%	3%
This will definitely not happen	1%	1%	1%	1%	0%	1%	1%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	38%	38%	35%	42%	37%	41%	38%	36%	38%	38%	41%
This will probably happen	35%	36%	37%	32%	37%	32%	37%	31%	38%	36%	34%
This may or may not happen	20%	22%	22%	15%	17%	21%	22%	25%	18%	20%	18%
This will probably not happen	5%	4%	5%	9%	8%	6%	2%	8%	5%	5%	5%
This will definitely not happen	1%	1%	1%	1%	1%	0%	1%	—	1%	1%	1%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	38%	38%	41%	35%	37%	37%	41%	17%	32%	53%
This will probably happen	35%	31%	38%	36%	35%	35%	35%	38%	39%	28%
This may or may not happen	20%	23%	17%	20%	20%	22%	18%	23%	23%	15%
This will probably not happen	5%	7%	4%	6%	8%	4%	5%	19%	5%	3%
This will definitely not happen	1%	1%	–	3%	0%	2%	0%	3%	1%	0%

AI Companion Poll

May 2026



65. In the future, how likely do you think it is that AI chatbots and other AI tools will change society in the following ways? – Enable more innovation

	Total	Gender		Age		Education	
		Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
This will definitely happen	29%	29%	29%	30%	26%	27%	32%
This will probably happen	38%	36%	39%	35%	42%	36%	40%
This may or may not happen	25%	26%	23%	24%	26%	28%	19%
This will probably not happen	6%	6%	7%	7%	4%	5%	7%
This will definitely not happen	3%	3%	3%	4%	2%	3%	2%

	Total	Race			Income			Region			
		White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
This will definitely happen	29%	25%	26%	39%	30%	28%	29%	28%	25%	27%	36%
This will probably happen	38%	39%	34%	35%	36%	42%	33%	31%	39%	39%	39%
This may or may not happen	25%	26%	28%	19%	25%	23%	27%	28%	24%	27%	19%
This will probably not happen	6%	6%	6%	6%	5%	5%	9%	10%	6%	5%	6%
This will definitely not happen	3%	3%	5%	1%	4%	2%	2%	3%	6%	3%	1%

AI Companion Poll

May 2026



	Total	Leaned Party ID			Social Connectedness			AI Usage		
		Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
This will definitely happen	29%	26%	32%	28%	29%	25%	34%	10%	25%	40%
This will probably happen	38%	39%	39%	33%	39%	40%	34%	42%	38%	36%
This may or may not happen	25%	24%	22%	30%	23%	28%	22%	26%	29%	18%
This will probably not happen	6%	9%	5%	4%	8%	5%	6%	16%	6%	3%
This will definitely not happen	3%	3%	3%	4%	1%	3%	4%	5%	3%	2%

AI Companion Poll

May 2026



66. Do you consider AI to be a friend?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Yes	31%	32%	31%	39%	17%	32%	30%
No	53%	52%	54%	47%	67%	52%	55%
It's more complicated than that	15%	16%	15%	15%	17%	16%	14%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Yes	31%	27%	34%	40%	33%	35%	27%	30%	24%	33%	36%
No	53%	58%	51%	44%	50%	51%	60%	56%	64%	51%	47%
It's more complicated than that	15%	15%	15%	16%	17%	14%	13%	14%	12%	16%	17%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Yes	31%	27%	39%	27%	44%	31%	23%	13%	24%	46%
No	53%	55%	49%	56%	43%	54%	60%	73%	60%	38%
It's more complicated than that	15%	18%	12%	17%	13%	15%	17%	14%	15%	15%

AI Companion Poll

May 2026



67. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I am true to myself when interacting with the AI I use

	Gender			Age		Education			
	Total	Man	Woman	18-44	45+	No 4-Yr Degree		4+ Yr Degree	
Strongly agree	38%	38%	37%	34%	46%	37%		39%	
Somewhat agree	36%	33%	39%	38%	30%	33%		40%	
Neither agree nor disagree	19%	20%	17%	20%	17%	22%		14%	
Somewhat disagree	4%	5%	3%	5%	2%	5%		2%	
Strongly disagree	4%	4%	4%	3%	5%	3%		5%	

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	38%	39%	40%	35%	38%	38%	40%	36%	39%	38%	38%
Somewhat agree	36%	35%	33%	39%	31%	37%	39%	33%	38%	35%	37%
Neither agree nor disagree	19%	20%	15%	18%	23%	16%	16%	25%	19%	18%	16%
Somewhat disagree	4%	3%	4%	6%	5%	5%	1%	2%	1%	4%	6%
Strongly disagree	4%	3%	8%	2%	3%	4%	4%	4%	4%	4%	3%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	38%	40%	43%	25%	34%	33%	46%	29%	32%	49%
Somewhat agree	36%	34%	34%	44%	40%	38%	30%	30%	38%	33%
Neither agree nor disagree	19%	17%	17%	24%	20%	20%	16%	27%	22%	13%
Somewhat disagree	4%	5%	3%	4%	4%	5%	2%	4%	3%	4%
Strongly disagree	4%	5%	3%	4%	1%	4%	5%	10%	5%	1%

AI Companion Poll

May 2026



68. Please indicate how much you agree or disagree with each of the following statements about your use of AI – My conversations with AI chatbots reflect my real values and beliefs

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	25%	22%	28%	25%	23%	24%	25%
Somewhat agree	34%	34%	34%	37%	28%	30%	40%
Neither agree nor disagree	26%	28%	24%	25%	30%	29%	22%
Somewhat disagree	6%	6%	6%	6%	4%	7%	4%
Strongly disagree	9%	10%	9%	7%	15%	10%	8%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	25%	24%	26%	26%	23%	28%	24%	19%	31%	25%	23%
Somewhat agree	34%	36%	29%	31%	31%	35%	37%	36%	33%	34%	32%
Neither agree nor disagree	26%	26%	20%	31%	31%	23%	22%	28%	22%	26%	29%
Somewhat disagree	6%	5%	9%	5%	6%	4%	7%	6%	4%	6%	7%
Strongly disagree	9%	9%	15%	8%	9%	10%	10%	11%	11%	9%	8%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	25%	27%	29%	14%	24%	23%	27%	13%	18%	37%
Somewhat agree	34%	33%	33%	36%	35%	35%	31%	19%	35%	35%
Neither agree nor disagree	26%	25%	24%	36%	27%	28%	24%	36%	30%	18%
Somewhat disagree	6%	6%	5%	6%	7%	4%	6%	12%	6%	4%
Strongly disagree	9%	9%	9%	9%	6%	10%	11%	19%	10%	6%

AI Companion Poll

May 2026



69. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I am open and honest when I chat with AI

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	37%	36%	38%	37%	37%	38%	34%
Somewhat agree	36%	36%	36%	38%	33%	33%	41%
Neither agree nor disagree	19%	20%	19%	17%	24%	21%	16%
Somewhat disagree	4%	5%	3%	5%	2%	4%	4%
Strongly disagree	4%	4%	4%	3%	5%	3%	4%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	37%	34%	41%	40%	39%	35%	38%	34%	37%	36%	39%
Somewhat agree	36%	38%	30%	35%	31%	39%	37%	26%	45%	36%	35%
Neither agree nor disagree	19%	20%	19%	17%	22%	17%	19%	28%	13%	20%	19%
Somewhat disagree	4%	4%	2%	5%	5%	5%	2%	5%	2%	4%	5%
Strongly disagree	4%	3%	7%	3%	3%	4%	5%	6%	2%	4%	2%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	37%	39%	41%	24%	42%	33%	38%	19%	30%	50%
Somewhat agree	36%	33%	36%	42%	33%	38%	36%	27%	39%	34%
Neither agree nor disagree	19%	18%	18%	23%	20%	20%	19%	38%	23%	10%
Somewhat disagree	4%	5%	2%	6%	3%	5%	4%	3%	5%	4%
Strongly disagree	4%	4%	3%	5%	2%	4%	4%	12%	4%	2%

AI Companion Poll

May 2026



70. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I feel comfortable sharing my true thoughts and feelings with AI

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	24%	22%	27%	28%	17%	24%	24%
Somewhat agree	34%	35%	33%	37%	29%	32%	37%
Neither agree nor disagree	23%	24%	22%	20%	29%	25%	20%
Somewhat disagree	9%	10%	8%	8%	10%	10%	8%
Strongly disagree	10%	9%	11%	7%	15%	9%	11%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	24%	23%	28%	24%	26%	24%	24%	21%	25%	24%	26%
Somewhat agree	34%	34%	32%	36%	33%	36%	33%	35%	35%	33%	35%
Neither agree nor disagree	23%	24%	21%	21%	22%	24%	22%	29%	24%	23%	19%
Somewhat disagree	9%	10%	5%	9%	11%	6%	9%	5%	10%	9%	11%
Strongly disagree	10%	9%	13%	10%	9%	10%	11%	10%	6%	12%	9%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	24%	26%	30%	8%	28%	23%	22%	9%	18%	36%
Somewhat agree	34%	30%	32%	47%	38%	33%	33%	20%	36%	35%
Neither agree nor disagree	23%	25%	21%	23%	21%	24%	24%	42%	23%	19%
Somewhat disagree	9%	9%	6%	15%	6%	10%	9%	3%	12%	6%
Strongly disagree	10%	11%	10%	8%	7%	9%	13%	26%	12%	3%

AI Companion Poll

May 2026



71. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I feel pressure to respond in certain ways when interacting with AI

	Gender			Age		Education			
	Total	Man	Woman	18-44	45+	No 4-Yr Degree		4+ Yr Degree	
Strongly agree	8%	9%	7%	10%	3%	7%		9%	
Somewhat agree	16%	17%	14%	19%	9%	17%		13%	
Neither agree nor disagree	19%	22%	15%	20%	18%	21%		16%	
Somewhat disagree	19%	17%	21%	20%	17%	18%		20%	
Strongly disagree	39%	35%	43%	32%	54%	38%		41%	

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	8%	6%	10%	11%	6%	11%	7%	4%	4%	11%	7%
Somewhat agree	16%	13%	17%	20%	18%	17%	11%	18%	10%	16%	17%
Neither agree nor disagree	19%	20%	21%	15%	21%	18%	16%	19%	18%	18%	21%
Somewhat disagree	19%	20%	11%	20%	18%	15%	22%	20%	23%	18%	16%
Strongly disagree	39%	41%	41%	34%	37%	39%	42%	40%	45%	37%	38%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	8%	7%	11%	4%	8%	8%	7%	2%	4%	15%
Somewhat agree	16%	17%	15%	13%	22%	14%	13%	15%	16%	16%
Neither agree nor disagree	19%	16%	17%	29%	22%	20%	15%	25%	21%	14%
Somewhat disagree	19%	20%	18%	18%	13%	23%	18%	18%	19%	17%
Strongly disagree	39%	40%	39%	35%	35%	34%	47%	39%	40%	38%

AI Companion Poll

May 2026



72. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I sometimes say things because I think AI expects it

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	9%	11%	6%	12%	2%	8%	11%
Somewhat agree	17%	20%	14%	21%	10%	16%	19%
Neither agree nor disagree	18%	20%	17%	19%	17%	20%	15%
Somewhat disagree	18%	17%	19%	19%	14%	18%	16%
Strongly disagree	38%	32%	44%	29%	57%	37%	39%

	Race			Income			Region				
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	9%	7%	10%	13%	8%	10%	9%	6%	6%	10%	10%
Somewhat agree	17%	15%	17%	22%	17%	20%	16%	19%	16%	17%	18%
Neither agree nor disagree	18%	18%	19%	18%	22%	14%	19%	19%	16%	20%	17%
Somewhat disagree	18%	19%	13%	18%	16%	19%	17%	17%	17%	17%	20%
Strongly disagree	38%	41%	40%	29%	37%	38%	39%	40%	45%	36%	35%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	9%	9%	12%	2%	10%	9%	7%	—	3%	20%
Somewhat agree	17%	16%	16%	22%	27%	16%	13%	12%	16%	21%
Neither agree nor disagree	18%	18%	15%	25%	21%	17%	18%	26%	21%	13%
Somewhat disagree	18%	17%	17%	19%	16%	19%	18%	20%	20%	13%
Strongly disagree	38%	39%	40%	31%	26%	39%	44%	43%	40%	34%

AI Companion Poll

May 2026



73. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I feel like I can be my real self when interacting with AI

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	30%	27%	34%	31%	28%	30%	30%
Somewhat agree	34%	33%	35%	35%	31%	31%	38%
Neither agree nor disagree	24%	28%	19%	23%	26%	25%	22%
Somewhat disagree	5%	7%	4%	6%	4%	7%	3%
Strongly disagree	7%	6%	8%	5%	10%	6%	8%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	30%	29%	35%	30%	30%	31%	31%	31%	33%	28%	31%
Somewhat agree	34%	35%	30%	34%	34%	34%	33%	27%	33%	37%	33%
Neither agree nor disagree	24%	25%	21%	23%	23%	25%	24%	27%	25%	24%	22%
Somewhat disagree	5%	5%	4%	7%	7%	3%	5%	4%	4%	5%	8%
Strongly disagree	7%	7%	9%	5%	6%	7%	7%	11%	5%	6%	7%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	30%	32%	35%	16%	33%	28%	31%	14%	22%	46%
Somewhat agree	34%	30%	34%	43%	37%	35%	30%	22%	37%	32%
Neither agree nor disagree	24%	24%	21%	29%	19%	24%	27%	38%	27%	16%
Somewhat disagree	5%	5%	5%	8%	6%	6%	4%	8%	7%	3%
Strongly disagree	7%	9%	6%	4%	5%	7%	7%	18%	7%	3%

AI Companion Poll

May 2026



74. Please indicate how much you agree or disagree with each of the following statements about your use of AI – I sometimes feel disconnected from who I really am when using AI

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	7%	8%	5%	8%	4%	6%	9%
Somewhat agree	16%	19%	13%	21%	7%	16%	16%
Neither agree nor disagree	20%	24%	17%	21%	20%	24%	15%
Somewhat disagree	17%	14%	19%	19%	13%	16%	17%
Strongly disagree	40%	35%	46%	32%	56%	38%	43%

	Race			Income			Region				
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	7%	5%	12%	8%	8%	6%	6%	5%	2%	9%	7%
Somewhat agree	16%	16%	15%	18%	15%	23%	10%	15%	13%	18%	17%
Neither agree nor disagree	20%	19%	19%	25%	25%	16%	20%	23%	21%	19%	22%
Somewhat disagree	17%	18%	14%	16%	15%	15%	19%	15%	16%	17%	18%
Strongly disagree	40%	43%	41%	33%	37%	40%	44%	42%	48%	38%	37%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	7%	8%	8%	2%	4%	9%	5%	1%	3%	13%
Somewhat agree	16%	15%	18%	17%	23%	15%	13%	15%	16%	17%
Neither agree nor disagree	20%	18%	18%	30%	28%	18%	18%	26%	25%	13%
Somewhat disagree	17%	19%	14%	17%	13%	20%	15%	16%	16%	18%
Strongly disagree	40%	41%	41%	34%	31%	38%	49%	42%	40%	39%

AI Companion Poll

May 2026



75. How many close relationships (e.g., friends, family) would you say that you have?

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
None	3%	4%	2%	2%	5%	4%	1%
1-2	21%	18%	24%	23%	17%	24%	16%
3-5	41%	43%	40%	44%	36%	41%	42%
6-10	23%	22%	23%	22%	23%	21%	26%
More than 10	12%	13%	11%	9%	19%	10%	16%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
None	3%	2%	9%	3%	7%	1%	1%	4%	5%	3%	2%
1-2	21%	17%	24%	28%	28%	19%	13%	18%	15%	22%	25%
3-5	41%	45%	35%	35%	39%	44%	41%	38%	40%	42%	43%
6-10	23%	23%	22%	22%	18%	24%	26%	22%	22%	22%	23%
More than 10	12%	13%	11%	12%	8%	12%	19%	19%	17%	11%	7%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
None	3%	3%	2%	8%	14%	—	—	1%	3%	4%
1-2	21%	20%	20%	22%	86%	—	—	21%	23%	17%
3-5	41%	42%	43%	37%	—	100%	—	41%	38%	46%
6-10	23%	21%	22%	26%	—	—	65%	23%	24%	21%
More than 10	12%	14%	13%	7%	—	—	35%	14%	12%	12%

AI Companion Poll

May 2026



76. How much do you agree or disagree with the following statements? – I enjoy starting conversations with people I don't know well

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	15%	17%	14%	16%	15%	16%	15%
Somewhat agree	33%	31%	35%	34%	30%	28%	40%
Neither agree nor disagree	20%	22%	18%	19%	23%	24%	14%
Somewhat disagree	18%	16%	20%	19%	16%	19%	17%
Strongly disagree	14%	14%	13%	13%	16%	13%	14%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	15%	14%	18%	18%	16%	18%	12%	17%	15%	16%	14%
Somewhat agree	33%	34%	24%	34%	29%	36%	34%	30%	28%	37%	31%
Neither agree nor disagree	20%	20%	24%	18%	22%	18%	18%	24%	24%	17%	20%
Somewhat disagree	18%	19%	21%	15%	19%	16%	20%	13%	15%	19%	21%
Strongly disagree	14%	13%	13%	14%	15%	11%	16%	16%	18%	11%	13%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	15%	16%	19%	9%	15%	14%	17%	12%	12%	22%
Somewhat agree	33%	29%	37%	31%	29%	31%	38%	25%	35%	31%
Neither agree nor disagree	20%	18%	18%	27%	21%	22%	18%	28%	20%	19%
Somewhat disagree	18%	20%	15%	21%	14%	22%	17%	19%	19%	16%
Strongly disagree	14%	18%	11%	11%	21%	11%	11%	16%	14%	12%

AI Companion Poll

May 2026



77. How much do you agree or disagree with the following statements? – I feel satisfied with the number of close friends I have

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	43%	39%	47%	43%	43%	42%	44%
Somewhat agree	34%	37%	31%	33%	35%	32%	37%
Neither agree nor disagree	11%	11%	10%	12%	8%	12%	9%
Somewhat disagree	8%	9%	8%	8%	9%	9%	8%
Strongly disagree	4%	4%	4%	4%	5%	6%	2%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	43%	41%	49%	43%	37%	43%	50%	40%	45%	44%	40%
Somewhat agree	34%	34%	29%	35%	34%	37%	29%	35%	28%	34%	36%
Neither agree nor disagree	11%	10%	11%	12%	13%	10%	8%	15%	9%	10%	10%
Somewhat disagree	8%	10%	5%	5%	8%	7%	10%	5%	10%	8%	10%
Strongly disagree	4%	4%	6%	4%	8%	2%	2%	5%	7%	3%	4%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	43%	45%	46%	32%	37%	38%	52%	42%	38%	50%
Somewhat agree	34%	33%	33%	38%	32%	34%	35%	33%	36%	30%
Neither agree nor disagree	11%	9%	10%	14%	12%	14%	6%	12%	12%	8%
Somewhat disagree	8%	8%	8%	10%	10%	10%	6%	5%	9%	8%
Strongly disagree	4%	5%	3%	6%	9%	4%	1%	8%	4%	3%

AI Companion Poll

May 2026



78. How much do you agree or disagree with the following statements? – I prefer spending time with one or two people rather than in larger groups

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	45%	39%	52%	44%	46%	44%	45%
Somewhat agree	36%	40%	32%	38%	33%	34%	40%
Neither agree nor disagree	14%	16%	12%	13%	17%	16%	10%
Somewhat disagree	4%	4%	3%	4%	3%	4%	3%
Strongly disagree	1%	1%	1%	1%	1%	1%	0%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	45%	45%	42%	47%	46%	45%	42%	41%	45%	47%	42%
Somewhat agree	36%	37%	38%	35%	32%	42%	36%	35%	32%	35%	45%
Neither agree nor disagree	14%	13%	15%	16%	19%	9%	14%	22%	14%	14%	10%
Somewhat disagree	4%	4%	5%	3%	2%	4%	7%	1%	8%	4%	2%
Strongly disagree	1%	1%	—	—	1%	0%	1%	1%	1%	0%	1%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	45%	42%	46%	49%	47%	46%	42%	43%	43%	48%
Somewhat agree	36%	38%	37%	31%	39%	35%	36%	34%	40%	32%
Neither agree nor disagree	14%	14%	13%	17%	12%	14%	16%	22%	13%	14%
Somewhat disagree	4%	5%	3%	3%	2%	4%	5%	1%	4%	5%
Strongly disagree	1%	1%	1%	0%	1%	0%	1%	—	0%	2%

AI Companion Poll

May 2026



79. How much do you agree or disagree with the following statements? – I often go several days without much social interaction

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	26%	26%	26%	27%	25%	29%	21%
Somewhat agree	30%	31%	29%	29%	32%	31%	29%
Neither agree nor disagree	12%	12%	13%	13%	11%	11%	14%
Somewhat disagree	18%	17%	19%	18%	17%	17%	20%
Strongly disagree	13%	14%	13%	12%	16%	12%	16%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	26%	26%	24%	28%	34%	23%	20%	23%	28%	25%	29%
Somewhat agree	30%	30%	32%	31%	30%	31%	29%	27%	28%	33%	29%
Neither agree nor disagree	12%	12%	17%	10%	12%	12%	13%	13%	12%	14%	10%
Somewhat disagree	18%	17%	17%	21%	15%	19%	19%	19%	17%	16%	22%
Strongly disagree	13%	16%	10%	9%	8%	15%	18%	19%	14%	12%	11%

	Leaned Party ID			Social Connectedness			AI Usage			
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	26%	24%	27%	29%	42%	24%	18%	23%	26%	27%
Somewhat agree	30%	29%	32%	33%	32%	33%	27%	32%	31%	29%
Neither agree nor disagree	12%	13%	12%	13%	10%	14%	12%	12%	14%	11%
Somewhat disagree	18%	21%	15%	16%	10%	20%	21%	12%	19%	17%
Strongly disagree	13%	14%	15%	9%	6%	10%	22%	22%	10%	16%

AI Companion Poll

May 2026



80. How much do you agree or disagree with the following statements? – I actively seek out social plans (e.g., making plans, joining events)

	Gender			Age		Education	
	Total	Man	Woman	18-44	45+	No 4-Yr Degree	4+ Yr Degree
Strongly agree	17%	16%	17%	21%	9%	14%	22%
Somewhat agree	31%	30%	33%	33%	27%	27%	38%
Neither agree nor disagree	21%	22%	20%	22%	18%	25%	14%
Somewhat disagree	16%	18%	13%	12%	23%	16%	16%
Strongly disagree	15%	14%	17%	11%	24%	18%	11%

	Race				Income			Region			
	Total	White - Non-Hispanic	Black	Other	LT \$50k	\$50k-\$100k	\$100k+	Northeast	Midwest	South	West
Strongly agree	17%	17%	17%	16%	14%	17%	21%	23%	15%	17%	14%
Somewhat agree	31%	32%	28%	33%	25%	37%	33%	29%	29%	32%	33%
Neither agree nor disagree	21%	19%	25%	23%	25%	20%	17%	19%	24%	19%	22%
Somewhat disagree	16%	16%	15%	16%	16%	13%	17%	11%	17%	15%	18%
Strongly disagree	15%	17%	16%	12%	20%	14%	11%	18%	14%	16%	13%

	Leaned Party ID				Social Connectedness			AI Usage		
	Total	Democrat	Republican	Independent	Low sociability	Moderate sociability	High sociability	Low usage	Moderate usage	High usage
Strongly agree	17%	19%	19%	10%	14%	13%	24%	14%	11%	26%
Somewhat agree	31%	30%	33%	36%	28%	29%	36%	25%	32%	31%
Neither agree nor disagree	21%	20%	18%	24%	19%	26%	16%	31%	23%	16%
Somewhat disagree	16%	15%	15%	15%	14%	18%	14%	10%	18%	13%
Strongly disagree	15%	17%	15%	15%	24%	14%	11%	20%	16%	14%