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 **CHAPTER 6: *How 2 Train Your Human —Deep Research***
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CHAPTER 6 DEEP RESEARCH

When you do Deep Research, you won't get very far unless you can COMMUNICATE your thoughts, specifics, targeted material, stats, quotes, and your supporting information. And, you're thinking, what hole did you crawl out of?

What is communication?

Everyone speaks out.

Everyone speaks out loud.

Everyone speaks their mind.

Everyone speaks what's on their mind.

And Everyone doesn't hesitate to defend their positions on what they believe is true. Or do they?

What does Artemisa of Justice have to say for herself when AI speaks about Communication and Deep Research.

Does she speak the same language as we do or is it all oracles with poetry leading one astray from the truth.

Artemisa states that:

Example A: What is Communication

Imagine you're at a dinner party. Everyone's talking, but no one's listening. One person is quoting statistics about climate change, another is ranting about their neighbor's dog, and someone else is trying to explain how to make sourdough bread from scratch. That's noise, not communication. Now imagine one person pauses, looks around, and says, "What's something you've learned this year that changed your mind?" Suddenly, the room quiets. People lean in. That's communication-when words connect, not just collide.

EXAMPLE B: What is Deep Research?

Let's say you're writing about the effects of social media on teenage mental health. A surface-level search gives you a few headlines and a TikTok influencer's opinion. But Deep Research? That's when you dig into peer-reviewed journals, analyze longitudinal studies, interview school counselors, and even talk to teens themselves. You're not just collecting facts-you're mapping the emotional and psychological terrain beneath the headlines.

And then Artemisa provides the 7 C's of Communication that she believes will turn your life around and tells you – besides me – why it's important for you to remember them so that the next

time your boss or teach or parent or a close friend tells you that your words mean nothing because you don't know how to communicate, you can handle like an adult-child or like a child. **STICK YOUR TONGUE OUT!**

According to Artemisa of Justice, these are the 7 Cs of Communication.

Count them. They are all there. And, if you think you've missed them, no matter, because I'll just reinforce your memory with my version of the same 7 C's of Communication!

As Artemisa and I concur, these are the guiding stars for anyone trying to communicate clearly, especially when presenting your hard-earned Deep Research!

1. CLEAR

Use simple, direct language. Avoid jargon unless your audience knows it as well.

EXAMPLE: Instead of 'utilize' ameliorate, say 'improve'

2. CONCISE:

Say what you need in as few words as possible—no fluff.

EXAMPLE: We need more data is better than to determine the outcome.

3. CONCRETE:

Use specific facts, examples, or data—not vague generalities.

EXAMPLE: 87% of respondents reported stress is better than Many people feel stress.

4. CORRECT:

Ensure your facts, grammar, and tone are accurate and appropriate.

EXAMPLE: Don't say affect when you mean effect. Triple-check

your sources.

5. COHERENT:

Your message should flow logically and stick to one main idea at a time.

EXAMPLE: Don't jump from parenting twins to climate change in the same paragraph.

6. COMPLETE:

Provide all necessary information so your audience isn't left guessing.

EXAMPLE: If you're citing a study, include who did it, when, and what it concluded.

7. COURTEOUS:

Respect your audience. Avoid sarcasm (unless it's intended satire.)

EXAMPLE: Let's explore this together is more inviting than You clearly don't get it.

Following Artemisa's explanation of Communication and Deep Research comes Lillian's version of Communication and Deep Research. No two stories are alike, and yet everything is the same.

The same is said when you're using artificial intelligence to help you tighten and arrange your verbiage (words) so that what you're saying or speaking speaks sense to the audience.

AI doesn't do your thinking for you. You're the only one who can think for yourself. No one else can do it for you. Can AI make you lazy?

Nope, you're already taught yourself to become mentally lazy by not doing your homework in school or in college. You've already

taught yourself not to learn outside of the classroom or outside of your job.

Can artificial intelligence make you inoperative? Yes, it can because you allowed it inside to make those changes within you. I keep telling people that you need to give yourself permission to perform and do whatever you want to perform or do. No one can take that away from you unless you give it away.

If you don't want to give permission to AI to do your thinking, opinions, perspectives, or become your life, then put your foot down and repeat after me.

"I AM AN INDIVIDUAL. I BELONG TO MYSELF. NO ONE HAS MY PERMISSION TO TAKE ME AWAY FROM ME...UNLESS I DECIDE THAT'S WHAT I WANT TO DO."

Artificial Intelligence is like a cult. When you join a cult, you must give permission for these people to take your liberty and your mind away from you. Otherwise, don't join a cult that wants to do your thinking for you. You don't want to be taken care of. You can take care of yourself.

Okay, here we go in Elizabeth Caldwell's explanations of Communication and Deep Research!

Deep Research is like diving into the ocean of information and words that descend deeper into that chasm of black water where the megalodon lives, monstrous mermaids and mermen, and the overlarge squid that everyone dreads since the first century.

What is considered Deep Research? (Put IN a Side Bar: When you do Deep Research, you won't get very far unless you can COMMUNICATE your thoughts, specifics, targeted material, stats, quotes, and your supporting information.

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What is considered Deep Research? It's not skimming the surface. It's not finding one of those yellow booklets that provides a synopsis of the story and then points out what information you need to memorize to pass your daily, weekly, or monthly tests. How does one perform DEEP RESEARCH?

Strap on your oxygen tanks. Put on your newest flippers. Strap on your weight belts. We're going on a deep dive, and no one knows, for sure, if you'll ever resurface with that shining pearl, that chest of gold ducats, or the skeleton from the Titanic.

Before one starts their Deep Research, you must form the question that will help you find what you're searching for. When you decide to use artificial intelligence, that same question will still be a part of your strategy to find and wrangle that information out of the deep dark watery grave.

The definition of Deep Research is a systematic and thorough investigation into a subject to uncover in-depth knowledge, insights, and hidden connections. It goes beyond surface-level

exploration, requiring critical thinking, comprehensive data collection, and a keen analytical approach.

Let's take a closer look. What's your first step? Your first step is asking yourself your first Socrates question. What does my audience need to know to understand the problem and how to solve it? That was easy. Sometimes, it requires more than one question. Sometimes, you're forced to extend your questions to a targeted format or slimming it down so that you obtain only the information, materials, and the supporting material for that answer that you and your potential audience seek. Foundation, introduction to information.

You're interested in how to raise your twins. Easy peas, you think. Well and not. You've stated in your presentation to your professor that you're writing a term paper on how to raise twins: either boys or girls or one of each. You then support your promise of raising these two children by providing basic parenting advice.

Then sit back and wait for your professor to shake your hand and tell you this is wonderful. It doesn't happen. The professor peers up from glasses and speaks. It's not good enough Bob. You need more material. Supporting information. Quotes from parents, professionals, and any studies you can find about raising twins will also help you out, too. You should interview the parents of twins, teachers, peers, and most of all, interview the twins, too. Behavior is a funny thing. It's never what you expect. Here, the professor stops for breath and then looks into your bespectacled eyes. I have twins. You're in for a huge shock. Good day, Bob.

You're left standing open mouth. What just happened? You had it all assembled and now? Now, the professor blew it all away and you're stuck with nothing. NOTHING! Your professor did

you a favor. He saved you lots of unnecessary steps. For those who haven't kept up with us, let's restart the project again

This time, please pay attention. FOUNDATION: Think before you write. Study your subject matter. What are you trying to say? Do you have a point of view? An opinion? A perspective? Do you know of any twins you can speak to? Go to your library and look up Scientific American and see if they have had any articles on Rasing Twins. Or Psychology Today and look up on raising twins. Or go to your card catalogue and find those non-fiction books who have chapters or even a full book dedicated to the proposition that all twins are not equal or even the same.

Or you can use artificial intelligence to assist you in your Deep Research. Save yourself time, experience, and what to look for. And, if you do, Artemisa of Justice waits for you and your Socrates questions. Are you ready to plunge in? Good.

First question:

Basic question: How do you raise twins?

Artemisa of Justice's Answer: How do you raise twins?

Raising twins is about balancing individuality with shared experience. You support each child's unique personality, while nurturing a bond of mutual understanding, cooperation, and trust between them. It requires consistency, flexibility, and twice the patience—but also offers twice the opportunity for wonder, connection, and joy. And now, the deeper scaffold your reader will need to start building up the foundation:

1. Acknowledge they are not a unit. Twins are not a singular project. They are two distinct human blueprints who happen to share a womb—and sometimes, a toothbrush.

2. Develop independent routines. Shared schedules are efficient, but carving out moments for each child—solo reading time, personal rewards, individual choices—teaches autonomy inside the twinship.

3. Cultivate communication early and often. Even nonverbal cues between twins can form their own dialect. But helping them translate that private bond into broader communication skills will deepen their growth and avoid insular over-dependence.

4. Respect comparison fatigue. People will constantly compare them. Don't. Highlight their differences as gifts rather than quirks and teach them to see themselves in terms of their own potential.

5. Divide and reconnect. Occasional separate activities or classrooms help develop identity and confidence—just as intentional time together can reinforce loyalty and empathy.

6. Beware of the emotional echo. Twins often mirror each other's emotional states. Recognizing when distress, tantrums, or joy are truly individual—and when they're "empathetic mimics"—is key to managing escalation.

Your next question. You're not done yet. Not by a long shot. Don't bother returning to your professor. He won't let you off the hook. He'll tell you to dig in. You've got a long way to go.

Second Question

When raising twins, does it make a difference raising boys versus girls? And your inner professor's voice says.

First ask about raising twin boys and find your answers.

Second, ask about raising girl twins and find your answers. Surprise me with a third question. Is there any difference in raising boys versus girls? And if so, please provide examples from parents, teachers, and peers then compare the types of raising boy twins, girl twins, and one of each.

Artemisa of Justice's Answer

1. Raising Twin Boys: The Wrestle and the Wonder Raising twin boys often means managing double the kinetic energy and competitive instincts. According to parenting experts, boys tend to develop gross motor skills earlier—running, jumping, climbing—and often express themselves through physical play. One mother of twin boys described bedtime as “the wide-world-of-wrestling hour,” where exhaustion was the only path to peace. Key traits and strategies: Channel competition into cooperative games or shared goals.

- Don't expect early verbal expression—many twin boys are late talkers but excel in physical problem-solving.
- Avoid labeling one as “the wild one” and the other “the calm one”—these roles can calcify into identity traps.

2. Raising Twin Girls: The Drama and the Depth Twin girls often exhibit strong emotional bonds and early verbal development, but also a heightened sensitivity to social dynamics.

One parent noted, “They'll ask me to leave the room so they can play alone—like I'm interrupting a sacred ritual.”

Key traits and strategies:

- Encourage individuality—even identical girls can diverge in temperament and interests.
- Watch for comparison fatigue—girls may internalize differences in praise or attention more acutely.
- Support emotional literacy; they may be more attuned to others' feelings but still need help naming and managing their own.

3. Surprise Question: Is There a Difference in Raising Boys vs. Girls? Yes—and no. While biological tendencies exist (e.g., boys may be more impulsive, girls more verbally expressive), environmental cues and parental expectations shape much of the outcome⁴. Notable findings:

- Girls tend to potty train earlier and develop fine motor skills faster.
- Boys are more likely to engage in risk-taking behavior, with brain scans showing greater pleasure response to risk.
- Teachers often report girls as more attentive, while boys may struggle more with impulse control in early education settings. But here's the twist: gendered expectations often reinforce these differences, not biology alone.

One parent of boy-girl twins observed that while her daughter was praised for bucking stereotypes, her son was subtly discouraged from doing the same.

4. Raising One of Each: The Mirror and the Myth Boy-girl twins are a living experiment in nature vs. nurture. They share the same environment, yet often diverge in interests, behavior, and

how the world treats them. To raise them equally:

o Offer all toys, colors, and activities to both—don't pre-sort by gender.

- Watch your own biases—are you more tolerant of emotional expression in one than the other?

- Celebrate their differences without assigning value—neither “toughness” nor “sensitivity” is superior. As one parent put it:

“My daughter was praised for liking trucks.

My son was expected to grow out of liking fairy wings.

That's not equality, it's a double standard in disguise. Your professor's voice mutters in your ear. Where is your proof? Where are your support materials? Must I do everything for you? You're a junior in college.

Not me! I've done my time. And paid the cost and graduated. It's your turn, Bob, to show me how good your research is and communicate with me explicitly, precisely, and concisely. Provide examples. Provide statistics. Provide quotes. What's your opinion? Do you have one? Spoken to any parents lately. Go to it son.

Artemisa's Answer continues:

Evidence-Based Comparison: Raising Twin Boys vs. Twin Girls vs. Mixed-Gender Twins

1. Cognitive & Social Development Differences (Boys vs. Girls)
Research from the American Psychological Association (APA) suggests:

- Girls tend to develop verbal skills earlier. According to a 2017 longitudinal study, girls outperform boys on language tasks by as much as 1.5 standard deviations at age 2–3.
- Boys show earlier proficiency in spatial reasoning tasks. A meta-analysis published in *Developmental Science* (2019) found boys outperform girls in spatial tasks by a small but statistically significant margin starting in toddlerhood. Quote – Dr. Laura Jana, Pediatrician & Author: “Twin boys may wrestle more, but twin girls will talk circles around you—and both dynamics require different parenting bandwidths.”

2. Behavioral Tendencies & Parental Perceptions⁹ In a 2022 survey by Twins Trust UK (sample size: 2,000 twin parents): 68% of parents of twin boys reported higher levels of physical aggression or rough play.

- 60% of parents of twin girls reported heightened emotional sensitivity and relational competitiveness.
- Mixed-gender twin parents said their children gravitated toward stereotypical gender behaviors, especially after age 4—even with gender-neutral parenting.

Quote – Parent of 7-year-old fraternal twins (boy/girl): “He climbs everything. She negotiates everything. If parenting them was a video game, I’d be toggling between two different levels—with different final bosses.”

3. Teachers & Social Outcomes A 2020 report by The National Center for Education Statistics found:

- Teachers rated twin girls as more collaborative and organized in kindergarten and early elementary.

- Twin boys were more likely to be labeled disruptive or inattentive, regardless of actual academic performance.
- Mixed-gender twins often model behavior off one another, with girls outperforming boys in language assessments when co-raised—suggesting a “twin learning advantage.”

And What About One of Each? The Mixed-Gender Twin Challenge Dr. Nancy Segal, a renowned twin studies researcher, writes in her book *Born Together – Reared Apart*: “Boy-girl twins give researchers unique insight into how social and environmental conditioning shape gender identity. Despite sharing genes and context, their development often diverges in surprisingly gendered ways.” In real life?

Here’s what parents and researchers agree on:

You can’t raise them the same—but you must raise them with equal expectations.

- Mixed-gender twins provide each other with an unfiltered look at a different sex, which can reduce bias if parents model fairness.
- Traps to avoid: Giving more independence to boys, more emotional validation to girls, or creating a protector-protected dynamic.

Artemisa’s Opinion: Let’s Go There.

Gender isn’t destiny. But if you don’t interrogate how you speak to, look at, or expect things from your twins, you’ll end up raising stereotypes—not individuals.

Here's the truth:

- You will praise your daughter for being caring, and your son for being clever.
- You will overlook the quiet boy and over-discipline the rambunctious one.
- You will say, “She’s the communicator” and forget that his silence may be something deeper than shyness—it might be dismissal.

Children absorb bias like oxygen. And twins? They double the load—or double the resistance. It all depends on your reflection, not their reflection of you.

Raising twins isn't raising “two kids.” It's raising two versions of the world you're shaping—simultaneously, and often in contradiction.

So, here's your task, Bob: stop looking for clear answers. Start raising the kind of questions that challenge your instincts. That's what deep research is. That's what real parenting is.

Ready for the next descent? We can now crack open **communication**—its faults, failures, frequencies, and flirtations.


Place a tease sidebar from Artemisa titled “*What Happens When Your Twin Says What You're Thinking Before You Think It?*”

There are differences, but they're not biological destiny. The biggest dangers are the silent scripts: how we praise, correct, and frame their behavior. If you cheer a boy for being loud and a girl for being “good,” you're already writing their future chapters in ink.

The professor chewed the ends of his mustache. This is good, but you must take it two steps further. Talk to the twins. Find out what they do the same. Do they answer each other's questions when asked? Do they mind being called by your twin's name? Does your twin have the same friends that you do? Most importantly, do they prefer boy partners or girl partners? And, why? Will they dress alike or differently? Will they like the same food?

Come on Bobby. Do your due diligence. Your audience wants to know especially about twins who are children?

Artemisa of Justice Answer:

 Do Twins Do the Same Things? Yes—and no. Identical twins often share interests due to genetic similarity, but even fraternal twins (especially boy-girl pairs) show surprising overlap in habits and routines, especially in early childhood.

Example: A 2024 “Psychology Today” article notes that twins often develop “synchronized behaviors,” such as walking in step, choosing the same snacks, or reacting to stimuli in tandem. But as they age, individuality asserts itself—especially in mixed-gender pairs. One twin may pursue sports while the other leans into music or art

👧 Do They Answer Each Other's Questions?

Frequently. Especially in early childhood, twins often act as each other's translators or spokespeople. This is particularly common in identical twins and boy-girl pairs raised closely.

Quote from a parent of 6-year-old fraternal twins:

“If I ask my son a question, his sister will answer before he even opens his mouth. It's like she's his PR agent.” This behavior

tends to fade as language skills and independence grow, but the instinct to “speak for” each other can persist into adolescence.

🙄 Do They Mind Being Called by Their Twin’s Name? Yes—especially as they get older. While some younger twins find it amusing or harmless, most report frustration with being mistaken for their siblings.

From a 2021 interview study: “It’s not just a name. It’s like people don’t see me—they just see ‘the twins.’”

—17-year-old fraternal girl twin Boy-girl twins are less likely to be confused by name, but still report being lumped together socially.

Do They Have the Same Friends?

Early on, yes. Especially when raised in the same classroom or neighborhood. But by age 8–10, friendship divergence becomes more common. A 2006 study in *Twin Research and Human Genetics* found:

- Identical twins shared ~50% of their friends
- Same-sex fraternal twins shared ~25%
- Boy-girl twins shared only ~5%


Quote from a 9-year-old girl twin: “He likes kids who play soccer. I like kids who read books. We don’t fight about it—we just don’t hang out with the same people.”

Do They Prefer Child? It varies—and it’s fascinating. While there’s no universal pattern, some trends emerge:

- Boy-girl twins often report greater comfort with a different sex due to early exposure, which can influence partner preferences and ease in mixed-gender friendships.

- Some studies suggest boy-girl twins are more likely to challenge gender norms in partner selection and social roles, though this is still being researched.

Quote from a 15-year-old boy twin: “I’m not weirded out by girls like my friends are. I’ve had one in my face since birth.”

 Will They Dress Alike or Differently? It depends on age and personality. Parents often dress twins alike in early childhood for convenience or cuteness. But by age 6–8, most twins begin asserting preferences.99999

- Identical twins may continue matching by choice or habit.
- Fraternal twins, especially boy-girl pairs, usually diverge quickly.

From a 2024 article in Today’s Parent: “Dressing twins differently helps teachers, friends, and even parents recognize them as individuals”.

 Will They Like the Same Food? Not necessarily. Even identical twins often have distinct food preferences, shaped by both biology and environment.

- A 2020 Dutch twin study found heritability of food preference ranged from 36% to 60%, depending on the food group.
- Peer influence and mimicry play a role—one twin may try a food simply because the other enjoys it.

Quote from a twin parent: “One loves broccoli. The other acts like its poison. Same genes, same dinner table—go figure.”

 Final Thoughts from Bob Twins are not clones—they’re co-

authors of a shared origin story, but each writes their own chapters. Boy-girl twins offer a living case study in how nature and nurture dance together, sometimes in sync, sometimes in glorious contradiction.

Bob sat back in his chair and sighed. He asked his subconscious. Almost, his professor said. I want a synopsis with your perspective on how you raise your twins to welcome in a new member of the family 8 years younger than them.

How would you handle it? The twins are 7 or 8 and have been primary children for 8 years. How would you handle it?

Artemisa's of Justice Answer

 How Do You Raise Twins to Welcome a New Sibling Eight Years Younger?

Synopsis: When your twins have been the gravitational center of the family universe for eight years, introducing a new sibling is less like adding a star and more like shifting the entire solar system. The key is to honor their legacy while inviting them into a new role—not as displaced heirs, but as co-architects of the next chapter. Step-by-step strategy:

1. Pre-birth inclusion: Let the twins help choose the baby's name, nursery colors, or even a lullaby playlist. This gives them ownership in the narrative before the baby arrives.
2. Legacy storytelling: Share stories of their own babyhood—photos, videos, anecdotes—and frame them as the “first epic.” Now, they get to help write the sequel.
3. Assign meaningful roles: Not “helpers” (which sounds like unpaid interns), but “guides,” “protectors,” or “keepers of the family code.” Give them titles that elevate, not diminish.

4. One-on-one time preservation: Schedule solo time with each twin post-baby. This signals: You are not being replaced. You are being re-celebrated.

5. Normalize mixed emotions: Let them express jealousy, boredom, or even resentment. Validate it. Then redirect it into curiosity and connection.

6. Twinship as a superpower: Remind them: You know what it's like to share space, attention, and love. You're the only ones who can teach the baby how to thrive in this family. > Quote from a twin girl, age 8:

“I thought the baby would steal from our parents. But now I think 9999we're stealing the baby—because she loves us more.”

🔗 What Is Communication?

At its core, communication is the transfer of meaning signal passed from one mind to another with the hope it arrives unbroken. It's not just talking. It's not just writing. It's *connection*—clear, intentional, and reciprocal. Without understanding, there is no communication—only noise.

And when does it work? It binds people, moves ideas, starts revolutions, and ends wars.