

The Art of Human Connection: A Christmas Reflection

Claudia Kressin · 2025-12-17



Dear friends and fellow humans,

As we approach the end of another year, I find myself compelled to share thoughts that look forward rather than back. This year feels different—it calls for reflection on where we're heading, not just where we've been.

The Evolution of Our Conversations

I've noticed something in how we communicate today; Our conversations have become increasingly focused on efficiency above all else. Speaking rapidly is seen as a virtue. We've embraced abbreviations to such an extent that they often confuse rather than clarify, with meanings shifting depending on context. Those not immersed in our fast-paced digital world can barely decipher what we're trying to say.

We've compressed our thoughts to fit arbitrary character limits, as if meaningful expression could be contained in 120 characters. Yet paradoxically, we invest considerable time crafting detailed prompts for AI chatbots, carefully adding context and nuance to ensure machines understand our requests.

This raises uncomfortable questions: Have we lost patience for talking with our fellow humans? Why do we extend such care and precision to machines while rushing through conversations with each other?

The Hidden Cost of Digital Efficiency

Perhaps what exhausts us about human interaction is its beautiful complexity—the interplay of words, body language, and unspoken understanding. Typing feels simpler, more controlled. Yet in teaching machines to understand us, we find ourselves adding back the very elements we've stripped from human

conversation: emotional context, philosophical depth, careful explanation. The irony is striking. We're training machines to appreciate what we've forgotten to value in each other.

What Machines Will Never Understand

Human communication transcends information exchange. It operates through channels no algorithm can process. A pause can communicate volumes. A glance can replace paragraphs. And sometimes, the most profound communication happens without words at all. Consider the simple hug—an ancient gesture that conveys comfort, joy, sympathy, or celebration in ways that no amount of text ever could. This is where technology, despite all its advances, falls silent. No machine will ever truly grasp the depth of meaning in human touch or the understanding that passes between people in moments of genuine connection.

Rediscovering Thoughtful Expression

This year brought me an unexpected joy: sending handwritten Christmas cards. Using different colors and styles, I created something unique for each recipient. While the core message remained the same—warm wishes for the holidays and hope for 2026—each card became its own small creation. The satisfaction came not from efficiency but from the opposite: taking time, choosing words carefully, knowing someone would hold this tangible expression of care. It reminded me what we lose when every interaction is optimized for speed.

An Invitation as We Enter 2026

As we stand at the year's end, I invite you to join me in reclaiming the art of unhurried connection. Perhaps it's a conversation where you're truly present, a handwritten note, or simply offering someone the gift of your full attention.

Let this be our resolution: to extend to each other the patience and consideration we so readily give our digital tools. To remember that meaningful connection often happens in the spaces between words, in the time we take rather than save. On this note, please consider yourself warmly embraced—not virtually, but genuinely, humanly embraced.

Happy holidays, and may 2026 bring us back to conversations that connect not just minds, but hearts.

Claudia Kressin

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