

Dimension	AI assistant	AI agent
Autonomy	Responds to direct prompts; single-turn or simple multi-turn	Plans and executes multi-step tasks with minimal human intervention
Memory	Session-based or stateless	Persistent memory across sessions and tasks
Tool use	Limited to predefined responses	Calls APIs, queries databases, and triggers workflows
Decision scope	Narrow; follows scripted logic	Evaluates context and selects actions dynamically
Governance needs	Output filtering	Full audit trails, continuous monitoring, and identity controls