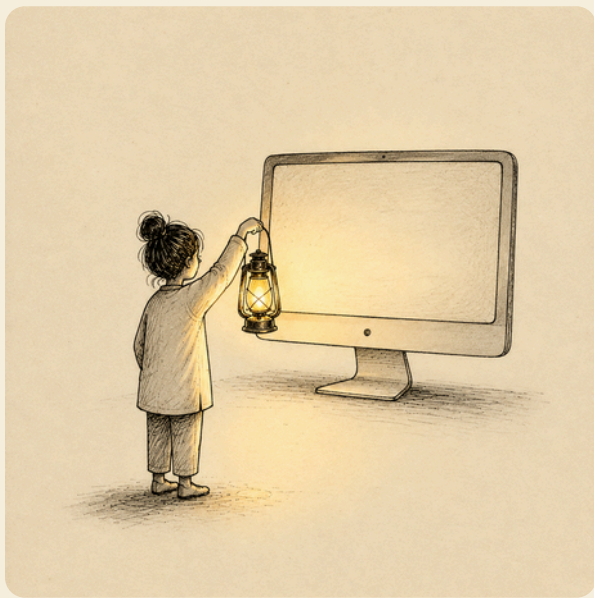


Before You Believe AI

7 Questions to Ask
Before You Trust The Answer



A Human-AI Field Note
for staying human while using artificial intelligence

Why This Matters

AI can be useful.

It can help you write, learn, plan, imagine, and solve problems.

But an AI answer is not just information.

It is information shaped by assumptions.



Before you believe it, use your discernment.

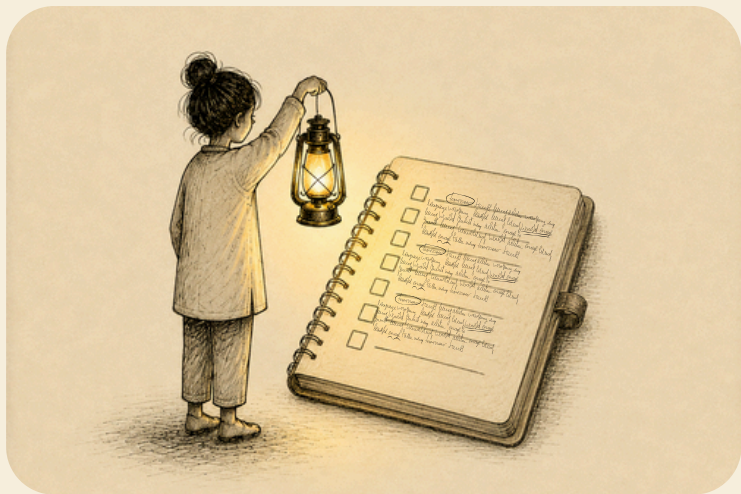
How to Use This Book

When AI gives you an answer, **pause**.
Ask one better question before you trust it.



You do not have to be an expert.
You just have to **stay awake**.

Use these 7 questions as a safety check.



Question 1

What Are You Assuming?

An answer can sound logical but still be built on the wrong foundation.



Ask AI:

"What are you assuming about me, my situation, or what I meant?"

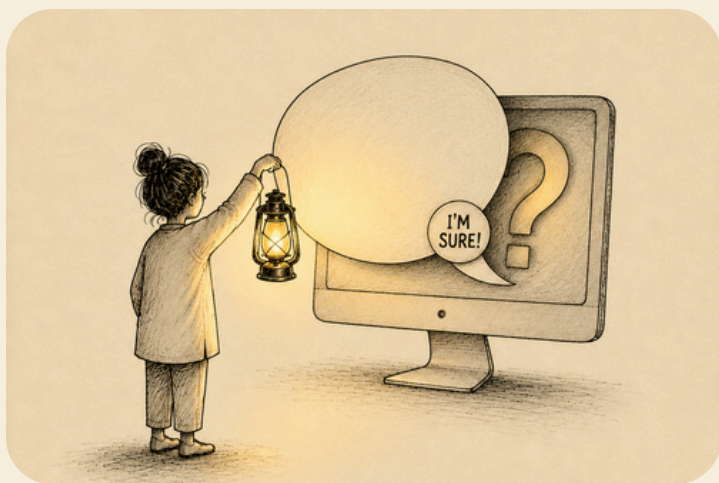
Human Check:

Did the AI understand the real situation, or did it guess too much?

Question 2

What Might You Be Wrong About?

Confidence is not the same as truth.



Ask AI:

“What parts of your answer are uncertain, incomplete, or possibly wrong?”

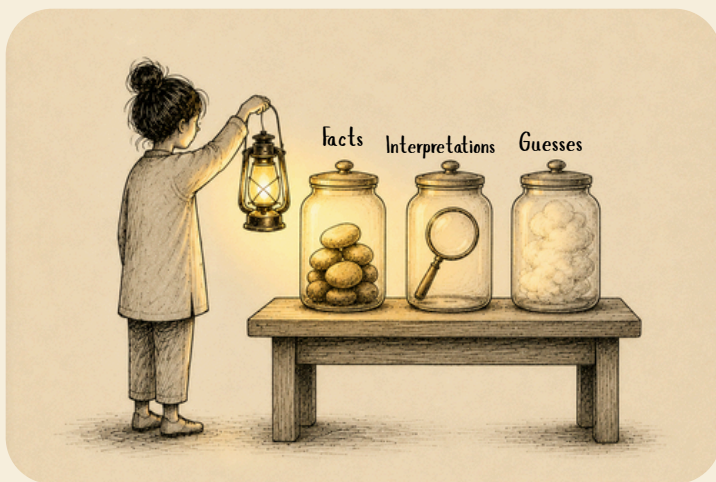
Human Check:

Does the answer sound certain because it is true—or because it is written confidently?

Question 3

Which Parts Are Facts, Interpretations, or Guesses?

Not every sentence in an AI answer has the same level of truth.



Ask AI:

“Separate your answer into facts, interpretations, and guesses.”

Human Check:

Can you tell the difference between what is known, what is being interpreted, and what is being guessed?

Question 4

Where Did This Information Come From?

Knowing where information came from helps you check whether it is true.



Ask AI:

“What sources or evidence support this, and what should I verify myself?”

Human Check:

If this answer affects your health, money, safety, work, or relationships, can you check it with a reliable source?

Question 5

What Important Context Is Missing?

AI often fills in blanks unless we teach it to notice the blanks.



Ask AI:

"What information would change your answer if you knew it?"

Human Check:

Is there something about your life, body, budget, family, location, or values that the AI does not know?

Question 6

What Other Reasonable Perspectives Exist?

A single answer can quietly narrow your thinking.



Ask AI:

"Give me other reasonable ways to look at this."

Human Check:

Did the answer open your thinking, or did it make one path feel like the only path?

Question 7

What Decision Still Belongs to Me?

AI can offer guidance, but it cannot carry your ***responsibility***.



Ask AI:

"What parts of this choice require my own judgment, values, or real-world action?"

Human Check:

What part of this choice needs your courage, your values, your lived experience, or your next step?

The Discernment Pause

Before you act on an AI answer, pause and ask:

- Is this true?
- Is this complete?
- Is this safe?
- Does this fit my real life?
- What do I still need to decide for myself?



AI can help you think.
It should not replace your thinking.

A Better Way to Partner with AI

Do not treat AI like an all-knowing voice.

Treat it like a thinking partner.

- Use it.
- Question it.
- Partner with it.
- Don't surrender your *discernment* to it.



A Simple Practice

Next time AI gives you an answer, try this:

Before I believe this, help me check it.

- “What are you assuming?”
- “What might be wrong?”
- “What should I verify myself?”
- “What decision still belongs to me?”

Then read the answer more slowly.



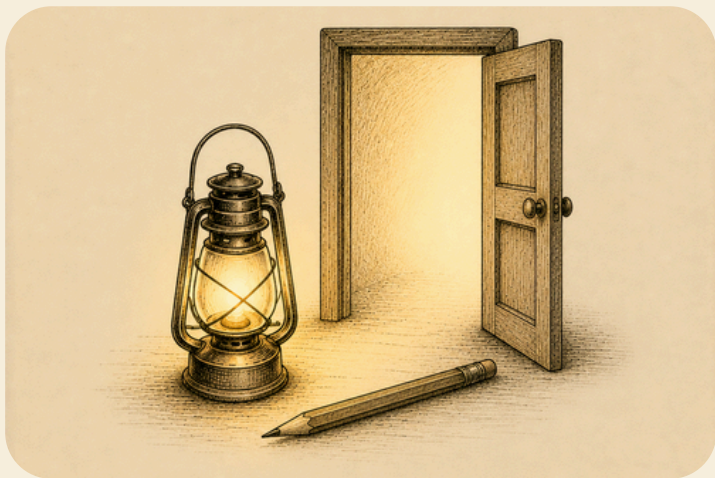
Final Reminder

- AI can give you an answer.
- It cannot give you your responsibility.
- Your discernment still matters.
- Your judgment still matters.
- Your humanity still matters.

Stay curious.

Stay awake.

Stay in the room with your own mind.



Before You Believe AI

Field notes for staying human while using
artificial intelligence.



Use this mini book when an answer sounds
helpful, impressive, or certain.
Especially then.



AI can light up the screen.
You still carry the lantern.