

Don't Just Trust It. Check It.

A 3-step routine for using AI the smart way. Run every AI answer through these steps before you use it.

Why this matters: AI doesn't actually know facts. It predicts what words sound right, which means it can sound totally confident and still be wrong. When AI makes something up, that's called a **hallucination**. Your job is to catch it.

- 1

Source It → Where did this come from?
Ask the AI directly: "What sources support what you just told me?" Then check whether those sources are real and actually say that.
- 2

Search It → Does anything credible confirm it?
Take the specific claim and look it up yourself in a search engine. Compare the AI's answer against a real, trusted source side by side.
- 3

Question It → Who would disagree, and why?
Even correct answers leave things out. Ask what's missing and whose perspective isn't included here.

MY VERIFICATION LOG

The claim I checked	What I found when I sourced & searched it	Do I still trust it?
		Yes / No / Not sure
		Yes / No / Not sure
		Yes / No / Not sure

My confidence rating: How much do I trust this AI answer now that I've checked it?

1
Don't trust it

2
Mostly unsure

3
Some of it

4
Mostly trust it

5
Fully checked out