



AI: the 5 reflexes

What an AI assistant really does, the mistakes to avoid — and the test before using an answer.

THE 5 REFLEXES

1

Confidence is not evidence

AI states the true and the false in the same tone (hallucinations). Every important fact gets verified in an independent source.

2

Check whether the tool is up to date

Knowledge stops at a cutoff date, unless it searches the web at question time. Sources displayed = it searched; otherwise, caution.

3

Sensitive data stays out

Never personal, client or confidential data in a public AI — the email-to-a-stranger rule.

4

Context + role + format

"Tell me about marketing" vs a precise request: same tool, incomparable result. It's a conversation, not a lottery.

5

AI proposes, you decide

First draft, options, structure — the judgment and the responsibility for the result remain yours.

Before using an answer — the 3-question test

1. Is this fact verifiable in an independent source?
2. What's the consequence if it's wrong (trivial email vs decision, health, money)?
3. Do I understand the topic well enough to spot an error in it?

A doubt on #3 → the answer is a starting point for learning, not a finished product.

Where AI excels — the good uses

Rephrase, summarize, structure, translate, adapt a tone, propose variants.

Explain an established concept ten ways until one clicks — learning, not delegating.

Your accounts' security foundations: see sheets 01 to 04 on domaformalis.com