

Before the Answer, There Is Thought

A REFLECTION WORKSHEET · 10 QUESTIONS FOR THE AGE OF AI

Before you accept an answer from AI, pause and work through these questions. Write what you notice.

1 What is the real question?

Am I clear on what I'm asking, or am I allowing AI to define the problem for me?

2 What assumptions are hidden here?

What beliefs, biases, or premises might be shaping this answer?

3 What evidence supports this?

Is this response grounded in reliable information, or is it simply a plausible summary?

4 What evidence is missing?

What information, perspectives, or experiences are absent?

5 What alternative explanations exist?

Could the same facts lead to different conclusions?

6 What remains unseen?

What contexts, consequences, or viewpoints fall outside the scope of this answer?

7 What is the human element?

How might lived experience, creativity, intuition, or emotion change the interpretation?

8 What is this answer helping me do?

Inform? Persuade? Simplify? Explore? Replace my own thinking?

9 What happens if I accept it uncritically?

What opportunities, risks, or misunderstandings might follow?

10 What happens if I challenge it?

What new questions, possibilities, or insights might emerge?

Before the answer, there is thought.

AI can generate answers in seconds. Thinking still takes time.