



STRESS-TEST TABLE

From Chapter 6 of *AI and the Art of Being Human*

WHAT IT IS

A decision tool that makes values trade-offs visible and concrete when pressure tempts you to compromise.

WHERE YOU WOULD USE IT

- When immediate rewards conflict with your principles
- When metrics push against what you believe is right and appropriate
- When market pressure conflicts with mission
- Before any decision where you feel your values wavering

THE TOOL:

Four Questions (Answer For Each Value At Stake)

- **Value:** What value or principle is at stake?
Name it specifically
- **Temptation:** What’s the immediate reward for compromising? Be honest about what you’d gain
- **Cost of Integrity:** What do you lose by staying true to what you believe? Face the real cost
- **Payoff of Fidelity:** What do you gain long-term by holding firm to your values?

The Stress-Test Table

Value:	_____

Temptation:	_____

Cost of Integrity:	_____

Payoff of Fidelity:	_____

HOW TO USE IT

When facing pressure to compromise, write out all four answers for each value or principle at stake. Don’t just think it—writing makes abstract trade-offs concrete and harder to rationalize. You may need to iterate several times, testing different values. Keep your completed tables—reviewing them regularly reveals patterns in how you navigate pressure. This isn’t just for current crises; it’s preparation for pressures you’ll face in the future.