



THE CURIOSITY LOOP

From Chapter 1 of *AI and the Art of Being Human*

WHAT IT IS

A repeatable practice that transforms defensive reactions into learning opportunities when facing technological change.

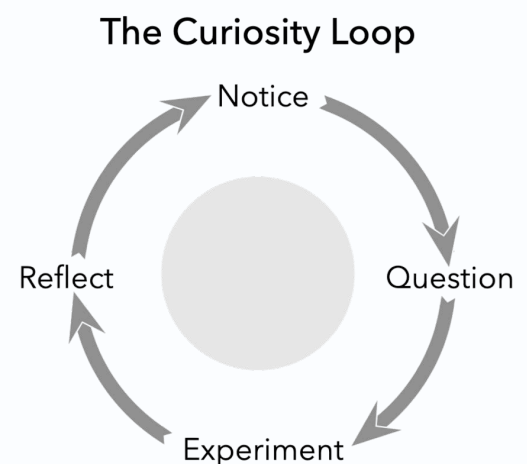
WHERE YOU WOULD USE IT

- When your expertise feels threatened by AI capabilities
- When a new AI tool could change how you work
- When you feel defensive about technological disruption
- When you catch yourself dismissing AI without exploring it

THE TOOL:

Four Movements (Repeat As Needed)

1. **Notice:** Observe your reaction without judging it as good or bad. What are you actually feeling in your body?
2. **Question:** Challenge your assumptions. Ask questions like “What’s really happening here?” and “What am I assuming?”
3. **Experiment:** Take one small action to test your questions. Use a tool, have a conversation, try something new.
4. **Reflect:** What surprised you? What assumption got challenged? What new question emerged?



HOW TO USE IT

When AI disrupts your work or challenges what you know, run through all four movements in 15–20 minutes. Start by noticing your initial reaction (fear, excitement, or something else?). Question whether that reaction is based on reality or assumption. Try one small experiment with the AI tool. Reflect on what you learned. Then begin the loop again—this is a practice, not a one-time exercise. The more you practice, the more natural curiosity becomes.