



THE MIRROR TEST

From the Prelude of *AI and the Art of Being Human*

WHAT IT IS

A three-question practice to help you understand what it means when AI seems to know you too well.

WHERE YOU WOULD USE IT

- When an AI completes your sentences perfectly
- When a recommendation engine predicts exactly what you want
- When AI generates something in your style that others can't distinguish from your work
- When you feel unsettled by how well technology “gets” you

THE TOOL:

Three Questions To Ask Yourself

- **What did I just see?**—Describe what the AI showed you about yourself, staying neutral and factual
- **What assumptions does this reveal?**—Identify what the AI assumes about you based on its training and data
- **What remains uniquely mine?**—Name the experiences, feelings, or qualities that can't be captured by algorithms

HOW TO USE IT

When AI surprises you by knowing something uncanny about you, pause immediately. Write out answers to all three questions, taking time with each. This builds awareness of both AI's capabilities and your irreducible humanity.