

Human–AI health check

Rate 1 (strongly disagree) to 5 (strongly agree). Under 12, retrain on autonomy.

01 · DEPENDENCY

My team can do the core work if the system is offline.

Score ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

02 · AGENCY

We are the pilot. The system is the co-pilot, not the other way around.

Score ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

03 · REALITY TESTING

We challenge outputs. We do not accept them because they arrived finished.

Score ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

04 · EMOTIONAL DISTANCE

We treat the system as a sophisticated tool, not a confidant.

Score ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Reading the total

16–20 Steady. Keep the monthly pulse.

12–15 Watch attachment and agency. Name a ritual this week.

Under 12 Initiate a human-only debrief. Reduce autonomy until the scores move.