

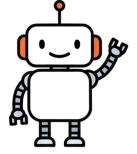


How to check an AI answer

A one-page checklist, in plain English

WHY YOU NEED IT

AI can sound confident and still be wrong. Researchers argue that AI models are often graded like a test that rewards guessing over saying "I don't know". So a good habit is to make the AI show its work, and to check what matters.



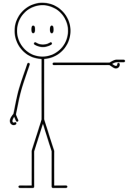
1



Give it your document, and keep it inside

Paste the text you want it to use, and tell it not to use anything else.

Try: Answer using only the text below. Do not use outside knowledge.



2



Let it say "I don't know"

Give the AI permission to admit it is unsure, so it does not feel it has to fill every gap.

Try: If the text does not say, or you are unsure, reply: I don't know.



3



Ask for the exact quote

Make each claim traceable. A claim with no supporting quote should be removed.

Try: For each claim, give the exact quote that supports it. If you can't find one, remove the claim.



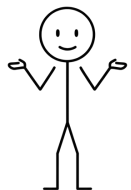
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Ask twice and compare

Run the same question more than once. If the answers disagree, treat that as a warning sign.

Try: Ask the same question in a fresh chat and compare the two answers.



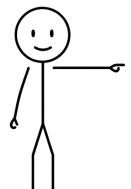
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Check the facts that matter yourself

Numbers, names, dates, links, and anything where a mistake would cost you. Look them up in a trusted source.

General good practice. No tip removes mistakes completely.



Quick rule: the more it matters, the more you check. A wrong restaurant tip is fine. A wrong dose, date, price, or legal detail is not.