

Using AI Like a Decent Human

Now that you've tried a few activities using AI, you may be feeling a little unstoppable.

Emails.

Travel plans.

Birthday cards.

Your best friend's wedding toast.

Nothing is safe.

You're all in.

And honestly, that's great.

Experimenting is the best way to learn.



But this chapter could just as easily be titled: *“Just because you can...”*

AI is powerful, and I would absolutely encourage you to experiment with it. But as you begin using it more often, it's worth pausing to remember something simple: don't lose your humanity along the way.

Here are three guiding principles to help you use AI well:

Principle 1: People First

At its best, AI should give us *more* time for real relationships. The goal is to use it for tasks that pull us away from others, not to replace the interactions that make relationships meaningful.

A helpful question to ask yourself is:

Does using AI for this task strengthen my relationships with others, or weaken them?

AI is excellent at writing, summarizing, and polishing ideas. But relationships are not about perfect output. They're about authentic input. When you're communicating with colleagues, friends, or family, your real voice matters. Overusing AI in those moments can unintentionally distance you from the very people you're trying to connect with.

Principle 2: Be Transparent

Another topic that will only grow in importance is **disclosure**.

Do you need to disclose AI use in every interaction?

Probably not.

But it can be helpful to flip the question around:

Would I want to know if AI was used to create this?

Fortunately, disclosure doesn't have to be complicated. A simple line like ***"Drafted with the help of AI"*** can be a helpful addition to emails, memos, or presentations.

Principle 3: Take Responsibility

At the end of the day, whether you disclose AI use or not, the responsibility is still yours. If the AI hallucinates, invents a fact, or accidentally insults your boss, you're the one who sent the message.

A helpful question here is:

Am I willing to stand behind this as if I wrote it myself?

The goal isn't to apologize for using AI. It's simply to be transparent about how the work was created — and to take responsibility for what you put into the world.



One final suggestion on this topic: While saying “*please*” and “*thank you*” isn’t necessary for the AI, I recommend doing it anyway.

Not for the AI’s sake — for yours.

The way you communicate here has a way of carrying over into how you communicate everywhere else. Act like a decent human here, and you’re more likely to do the same everywhere else.

BOOK EXCERPT

Stay curious.



This chapter is excerpted from
AI for the Curious and Confused:
A Field Guide by A. Sebesta

Learn more and purchase a copy:

curiousandconfused.ai

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