CHAPTER 8: STAYING THE COURSE | ACTIVITY

Audit Your AI Interactions

Most of us think we use AI safely. Looking back at real interactions tells a different story. This audit surfaces your habits, the safe ones and the risky ones.

STEP 1 Pull your last five AI queries

Open your history in whatever model you actually use. Paste or summarize each prompt below. Redact anything sensitive, this page saves in your browser.

#	Prompt (redacted)	Tool
1		
2		
3		
4		
5		

STEP 2 Assess each query

Mark Y where it applies.

Risk check	Q1	Q2	Q3	Q4	Q5
Exposure: included personal data (name, email, address)					
Exposure: included context about my projects, cases, or hobbies					
Provenance: reused output without verifying it					
Provenance: reused output without marking it as AI					
Contamination: output landed in my work where someone could mistake it as mine					

STEP 3 Zero in on the most worrisome prompt

Which query (#)

Why is this one the most concerning?

What exactly did I send to the model?

Where did the output end up?

Would I be comfortable explaining this to a supervisor or client? ○ Yes ○ Not really ○ No

STEP 4 Redesign the query

Rewritten prompt

Did my AI habits match what I thought they were?

What surprised me the most?

Where in my workflow do I trade AI safety for speed?