

CHAPTER 12 - BEFORE YOU TRUST AI

The TRUST Card

Five habits for using AI safely, responsibly, and confidently.

Before you rely on AI, ask yourself whether you've done these five things.

T**Think Before You Paste**

Would I be comfortable if this information became public? If no, don't paste it into a public AI tool.

R**Review the Output**

AI can produce convincing answers in seconds. That doesn't make them correct.

U**Understand the Source**

Don't stop at the answer. Ask where it came from.

S**Secure Your Data**

Protect confidential information. Use enterprise AI tools whenever available.

T**Take Responsibility**

Accountability never transfers to the technology. AI can assist. Only you can own it.

Key Principle

Trust AI enough to use it. Trust yourself enough to verify it.

Run TRUST on Something Real

What I am about to do:

Think, Review, Understand, Secure, Take Responsibility: run through all five here.

CHAPTER 12 - BEFORE YOU TRUST AI

This is the same habit that would have completely prevented a real, costly mistake. A finance professional named Arjun, under time pressure before a board meeting, pasted a dense merger document into a public AI tool to get a fast summary. He simply never stopped to think about where that information went once he hit enter. It became a three-week compliance problem.

TRUST isn't about slowing down your work. It's about making sure speed never comes at the expense of security, accuracy, fairness, or accountability.