

The Three-Sentence Test

Run it out loud before you accept any AI-generated change. Two minutes. No notes.

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AI is a mirror for how well you understand your own system. Where you are strong it makes you faster. Where you are faking it, it makes the fake visible, usually in production. The test catches the fake before it ships.

1. What does this change do?

One sentence. Plain English. If a non-engineer could not follow it, start again.

2. What could it break?

Name one specific thing. 'Nothing' means you have not looked hard enough.

3. How would I know?

The log line, the test, the alert or the metric that would tell you within a day.

Cannot get through all three? Do not ship it.

Go and learn the thing first. Then the change is yours, and so is the interview answer.

One month log

Every change you ran the test on. After a month, the 'failed' column is your personal curriculum.

Date	Change (one line)	Passed?	Gap found	Closed?

Reply to Tuesday's email with EXPOSED and the gap the test found. I will point you at the fastest way to close that specific one.