



EXPERIMENT SHEET · ONE TASK

The AI *Friction* Time Log

Feeling faster and being faster are not the same thing. Do one real task twice, once without AI and once with it, and let the clock settle the question instead of the feeling.

THE TASK (DO THE SAME ONE BOTH WAYS)

Measure	Without AI	With AI
Time taken		
Quality of result (1 low to 5 high)		
Correction effort afterwards		
Your confidence in it (1 to 5)		

Friction pre-check. Tick the ones that are true. The more ticks, the more likely AI is adding work, not removing it.

- Explaining the task takes nearly as long as doing it.
- A hidden error here would be costly.
- You are already expert at this task.
- The result is slow to inspect properly.
- Fixing a near-miss is harder than starting again.
- The briefing will not be reused.

VERDICT

Which was actually faster and better, and what will you do with this task next time?

[Book a 1-to-1 AI lesson](#)

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