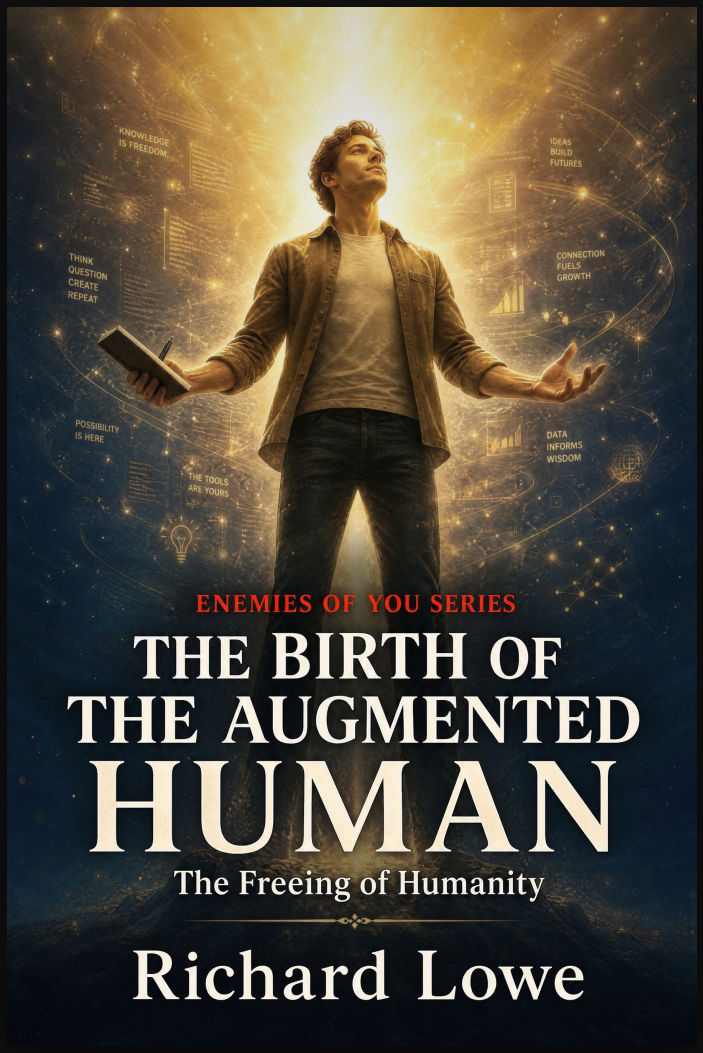
A FREE COMPANION TO THE BIRTH OF THE AUGMENTED HUMAN

The Other Path Field Kit

Printable pages for the practices that keep you the one doing the thinking: the prior statement, the argument sketch, the failure catalog, the sparring session and more.



RICHARD LOWE

How to Use This Kit

Print the pages you need. Fill one in before you open the tool.

The Birth of the Augmented Human follows the people from The Death of Thinking down the other path: the one where AI extends what they can do without the tool instead of replacing it. Each of them keeps a small practice. Each practice comes down to the same principle: do your own thinking first, use the tool to test it, and judge the tool's answer against what you already thought.

WHO	THE PRACTICE	WHAT IT BUILDS
Donna, writer	The notebook	The angle, found in the swamp before the draft
Tom, marketing writer	The argument sketch	Knowing where your arguments tend to break
Priya, policy analyst	The prior statement	Reports that take positions instead of stopping at conclusions
Elena, journalist	The prior expectation	A calibrated sense for when an answer is wrong
Deon, programmer	The failure catalog	Error detection that becomes intuitive
Sasha, programmer	The hypothesis before the paste	A mental model of the system that keeps getting more accurate
Ray, writer	The paragraph first, then the sparring session	A voice that is his

The book is honest that every one of them paid for it. Donna lost a client who wanted three pieces a week. Sasha's slower pace cost him a team lead role. Elena's practice cost her two deadlines in her first year. Expect the first six months to feel slower and produce worse output. The book's point is that you are building a better instrument, and the output catches up later.

> *The practices are not sacred. They are implementations of a general principle.*

Page 1: The Notebook and the Argument Sketch

Thirty minutes in the notebook before the AI is consulted, and one real attempt at an angle before the AI structure is invited.

The notebook (Donna)

Nothing here is meant for publication. Talk to yourself on the page.

PROMPT	MY NOTES
What am I trying to figure out?	
What don't I understand yet about this subject?	
What is wrong with the obvious framings, and why don't they satisfy me?	
The rough paragraph that might contain the angle	

The argument sketch (Tom)

Three paragraphs, written without AI, before the AI is consulted. They will be rough and sometimes wrong. When they are wrong, you can see where the argument breaks.

PARAGRAPH	WRITE IT
1. The claim	
2. The supporting argument	
3. The strongest objection, and my answer to it	

Then take it to the sparring session (Page 4). Afterward, note where the sketch broke. Over time the book says you learn which objections you reliably anticipate and which you reliably miss.

Page 2: The Prior Statement and the Spaced Return

Write what you think before the AI frames the question. It does not have to be correct. It has to be yours.

Prior statement (Priya) and prior expectation (Elena)

Question or project: _____

BEFORE THE AI	MY ANSWER
My current view of the question, from what I already know	
What I would expect a reliable answer to look like	
How confident am I? (circle) 50% 70% 90%	

AFTER THE AI	WHAT I FOUND
Where it matched my prior. Does the source say what the AI claims it says?	
Where it contradicted my prior. Which of the two models is wrong?	
What I changed my mind about, and what I will defend	

Two warnings from the book. A lazy prior is worse than none: Priya once defended two positions longer than the evidence allowed. And the prior has to be her current assessment, not the one she thinks she should have, not the easiest to defend, not the one the AI would produce.

The spaced return

Coming back to a subject you have not touched in a while? Before asking the AI, write what you still remember. The gaps are the point. Filling them yourself is the learning; then let the AI confirm, correct or extend.

WHAT I REMEMBER	THE GAPS I NOTICED	WHAT THE AI CORRECTED

Page 3: My Personal Failure Catalog

Deon's checklist is more useful than any generic guide because it is calibrated to the ways his own judgment goes wrong.

Every time a new error turns up, in your own work or in AI output you are reviewing, add it here. Before you ship or submit anything that matters, spend fifteen minutes asking: what are the three most likely ways this could be wrong, based on this catalog?

DATE	THE MISTAKE	WHY MY MODEL GOT IT WRONG	WHAT I CHECK NOW

When failure teaches (Chapter Four)

- ☐ **Low stakes.** The failure happens where its consequences are visible but not catastrophic, like a notebook sketch
- ☐ **Legibility.** The failure reveals something definite about your model, which means you formed a model before it happened
- ☐ **Retrieval.** The same failure pattern meets you again in different contexts, often enough to change the model

What to expect, and when

WHEN	WHAT THE BOOK SAYS PRACTITIONERS NOTICE
First six months	The work feels harder and output looks worse. The practices are building a better instrument, not better output yet.
12 to 18 months	The sketches come faster, the gaps in spaced returns shrink, and and the sparring session turns up fewer objections you had not already considered.
Three years	The practices become habits. You can tell where an argument or design is weak before you can say why.

The book is clear that this arc is what Richard Lowe has watched happen, not a measured result. It runs faster for people who practice often and across several domains.

Page 4: The Sparring Session

Chapter Seventeen names three relationships with the tool: the oracle gives answers, the stand-in does the work in your place, and the sparring partner challenges what you already produced.

The three requirements

1. **Bring something first.** The prior position, the argument sketch, the design, the hypothesis. It can be wrong or incomplete. It must be yours and formed before the AI's framing could reach it.
2. **Ask for the attack.** "Challenge what I have produced," not "help me produce this."
3. **Stay the judge.** For each challenge, decide: is it sound? If so, revise. If not, write down your defense. Accepting every challenge automatically is the same displacement as accepting the AI's framing at the start.

Questions to put to the AI

- [ ] What is wrong with this argument?
- [ ] Tell me the three strongest reasons this framing fails.
- [ ] Where does this design fail?
- [ ] What have I not considered?
- [ ] What is the strongest case against my position?

Session log

CHALLENGE THE AI RAISED	SOUND?	MY REVISION OR MY DEFENSE

Spar or cooperate?

The book's rule of thumb: if the AI could produce the output without any input from you (looking up a fact, boilerplate code for a well-understood function, translating, reformatting data), cooperate. If the output would be better had you engaged with the problem first, spar.

Page 5: Map the Cage, Then Start Monday

Chapter Ten: read the documentation, and a guardrail stops looking like a natural limit and starts looking like a design choice.

QUESTION	WHAT I FOUND
Which system am I using, and who built it?	
What are its stated values? Where are they published? (The book names Anthropic's published constitution and OpenAI's usage policies and Model Spec as examples.)	
What relationships does the company have with governments and commercial interests?	
In which of my subjects might its interests differ from accurate analysis?	

Calibrated skepticism

- [ ] Where the system's interests and mine line up, accept the guardrail without friction
- [ ] On contested questions, or questions about the AI industry itself, write my prior statement first and hold it more firmly
- [ ] Compare two or three systems on the same contested question. The differences show design choices
- [ ] When a guardrail blocks something I legitimately need, go to primary sources, experts and professional communities

Starting Monday

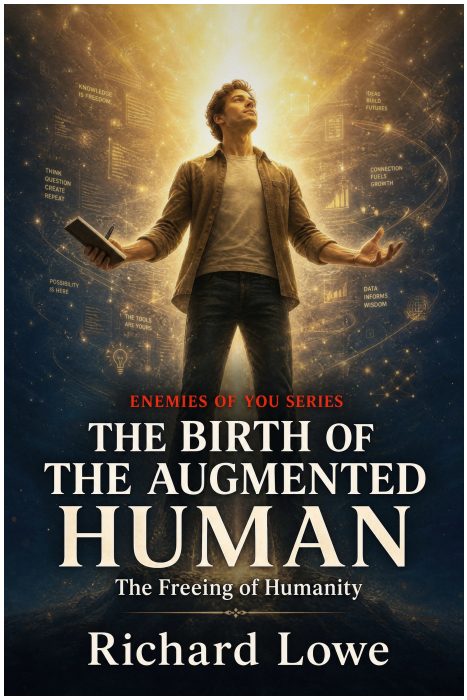
Chapter Twenty calls this the minimum viable framework at the size of one desk. None of it needs a law. The principle is: keep the ghost driving.

- [ ] Write my prior statement before I open the tool
- [ ] Ask the AI for the strongest case against me instead of for the draft
- [ ] Form my own hypothesis before I paste the error or the question
- [ ] Spend three minutes at the end of the day noting where I did the thinking and where the AI did
- [ ] If I teach, manage or mentor: require one unassisted attempt from one person who looks to me
- [ ] If anyone reports to me: ask for the sketch or the design document before the AI sees the requirements

For parents and teachers: the three points of the new literacy are AI produces likely text, not verified fact; guardrails encode values; and commercial interests shape what a system produces. A twelve-year-old can grasp the first.

The Whole Story

This kit gives you the practices. The Birth of the Augmented Human shows why they work and what they build: Ray, Sasha, Donna, Tom, Elena, Deon and Priya on the other path, what it cost each of them, what it makes possible for schools, professions and democracy, and the policy framework that would open the path to everyone.



The Birth of the Augmented Human:
The Freeing of Humanity
Enemies of You

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