AI ANON

THE 12 STEPS

Not rules. Not a curriculum. A framework for being honest — with yourself and with others — about where you actually are with AI. Work through them in order, come back to them, ignore the ones that don't apply yet. There's no exam at the end.

1. **Honesty.** It's okay to admit you don't fully understand AI — and that pretending otherwise is part of the problem.

2. **Curiosity.** Accept there might be something worth understanding here. Scepticism is welcome; cynicism dressed as scepticism isn't.

3. **Let go of the performance.** If you haven't actually used it, you're performing. This room has no audience.

4. **Look honestly at your own relationship with technology.** When did you last genuinely learn a new tool? What did you resist, and why?

5. **Say the quiet part out loud.** Tell the room what you're actually afraid of. The real version, not the polished one.

6. **Accept your relationship with AI might need to change.** Willingness is the step. Change follows.

7. **Ask for help.** Not knowing is not the same as failing. There are no stupid questions here — only ones people are too afraid to ask elsewhere.

8. **Take stock of where you've been unfair.** To the tools, or to the people around you. Clarity, not guilt.

9. **Make amends — starting with yourself.** If you've spent months anxious, avoidant or overconfident, forgive yourself. You didn't have a safe space. Now you do.

10. **Keep checking in.** This isn't a problem you solve once. The tools change. You change. Keep showing up.

11. **Find your version of useful.** Less time on what AI can do in general, more on what it might do for you specifically. Actually do the task.

12. **Bring someone else along.** When you've found your footing, bring someone who hasn't. That's how this whole thing started.