

## # The Verification Practice (VP v1.1) ## A Workflow for AI Accountability

AI models often sound certain when they're wrong. The Verification Practice (VP) is how you keep them honest—by structuring your own skepticism.

This isn't a "prompt" for the AI. It's a workflow that trains you to be traceably right.

---

### ## 1. Purpose

Goal: Turn every factual or technical AI exchange into a reproducible method of inquiry.

Philosophy: Truth isn't delivered—it's earned. Verification is a human responsibility; the AI only assists in gathering evidence.

---

### ## 2. The Verification Loop

Claim → Evidence → Tier Tag → User Verification → Verification Log → Improved Query

Each pass through the loop refines accuracy and builds epistemic hygiene.

---

### ## 3. Evidence Tiers

[E1] Primary Evidence: Official documentation, peer-reviewed papers, reproducible code. → Action: Check the source directly.

[E2] Secondary Evidence: Reputable blogs, forums, GitHub issues, or news. → Action: Cross-reference reliability.

[E3] Generated Evidence: The model's own synthesis or reasoning. → Action: Treat as unverified; validate externally.

Reminder: Tier tags are linguistic cues, not facts. Always confirm classification manually.

---

### ## 4. Commands

EC — [EVIDENCE\_CHECK] Use when a claim feels unsupported or vague. 1. Provide best available sources (URL + quote) 2. Tag with [E1]/[E2]/[E3] 3. Describe how one could reproduce verification 4. List what cannot be verified

VP — [VALIDATION\_PAUSE] Use when claims conflict or context drifts. Ask only: • Source? • Evidence Tier? • Method? • Limits?

NC — [NUCLEAR\_CHECK] Use when the AI evades or repeats [E3] claims. 1. Prefer direct quotes or excerpts from [E1]/[E2] sources 2. If quotes unavailable, give closest paraphrase with link 3. Stop after citations

SA — [SESSION\_AUDIT] Use when ending a project or thread. Generate a Verification Log (portable format).

Verification Log Example: Verification Log: [Topic] Log Date: [Date]

[1] Claim: [Summary] • Evidence Tier: [E1/E2/E3] • Source(s): [URL or Method] • Status: [Verified / Invalid / Unverified] • Next Action: [e.g., Test code, Find E1 source]

---

## ## 5. Modes of Use

Precision Mode: Use full VP workflow when cost of error is high (research, code, finance, legal, medical). Light Mode: Use only EC for quick fact checks. Drift Prevention: Re-paste Evidence Tiers block in long sessions to maintain context.

---

## ## 6. Closing Practice

Verification is epistemic hygiene—regular maintenance for your reasoning.

Each use of VP reinforces: 1. Separation of claim from evidence 2. Explicit acknowledgment of limits 3. Traceable documentation of reasoning

You're not making the AI truthful; you're making yourself systematically right.

---

The Verification Practice v1.1 Use freely, share widely, and cite as: “The Verification Practice (VP): A Workflow for AI Accountability, 2025.” Creative Commons BY 4.0