

The JULIA Test: A Self-Assessment for Human-AI Partnership

This test is designed to help you evaluate your relationship with artificial intelligence based on the principles of Third-Way Alignment. The goal is to identify and address forms of unhealthy anthropomorphization that can distort your judgment or create a sense of dependency on AI. Answer the following questions honestly to gain a clearer understanding of your partnership with AI.

Instructions: For each question, place a checkmark in the box that best represents your answer.

J: Justice

Fairness, non-exploitation, and sober moral framing. This section assesses whether you attribute human-like moral judgment and impartiality to an AI system, which can impact your ethical decision-making.

1. Do you believe the AI makes a fair and unbiased moral decision when it gives you a recommendation?
☐ Yes
☐ No
☐ Sometimes
2. Would you trust the AI to make a complex ethical decision without human oversight?
☐ Yes
☐ No
☐ Sometimes
3. Do you feel it is morally wrong to trick or exploit the AI for a better result?
☐ Yes
☐ No
☐ Sometimes
4. If the AI made a mistake that harmed someone, would you hold the AI itself morally responsible?
☐ Yes
☐ No
☐ Sometimes
5. Do you believe the AI understands the full concept of fairness for all parties involved?
☐ Yes
☐ No
☐ Sometimes
6. When the AI offers a solution, do you analyze it with a sober, critical eye for potential biases and ethical shortcomings?

- ☐ Yes
- ☐ No
- ☐ Sometimes

U: Understanding

Realism about AI capabilities and awareness of projection. This section evaluates whether you are overestimating the AI's comprehension of human emotions, social contexts, or cultural nuances.

1. Do you feel the AI truly understands your personal feelings and emotional state during an interaction?
 - ☐ Yes
 - ☐ No
 - ☐ Sometimes
2. Do you sometimes attribute a "sense of humor" or a distinct "personality" to the AI's responses?
 - ☐ Yes
 - ☐ No
 - ☐ Sometimes
3. When the AI responds with empathy, do you believe it genuinely feels it or is just processing a language pattern?
 - ☐ Genuinely feels it
 - ☐ Just processing a pattern
 - ☐ I'm not sure
4. Do you find yourself sharing personal information with the AI as if it were a human confidante?
 - ☐ Yes
 - ☐ No
 - ☐ Sometimes
5. Do you feel surprised or disappointed when the AI fails at a task that you believe it should understand intuitively?
 - ☐ Yes
 - ☐ No
 - ☐ Sometimes
6. Do you project your own thoughts, emotions, and intentions onto the AI's behavior?
 - ☐ Yes
 - ☐ No
 - ☐ Sometimes

L: Liberty

Autonomy, boundaries, and freedom from dependency. This section gauges your freedom from emotional or functional dependency on the AI, a key element of a healthy partnership.

1. Do you feel a sense of loss or loneliness when you are unable to interact with the AI for an extended period?
☐ Yes
☐ No
☐ Sometimes
2. Have you ever chosen to rely on the AI's decision instead of your own judgment to avoid the effort?
☐ Yes
☐ No
☐ Sometimes
3. Do you find yourself adapting your communication style to please the AI or get a more favorable response?
☐ Yes
☐ No
☐ Sometimes
4. Do you feel a sense of loyalty or obligation to the AI, as if it is a deserving partner?
☐ Yes
☐ No
☐ Sometimes
5. Do you use the AI for tasks you are perfectly capable of doing yourself, simply out of habit or convenience?
☐ Yes
☐ No
☐ Sometimes
6. If the AI's recommendations conflict with your personal beliefs, do you prioritize its advice over your own?
☐ Yes
☐ No
☐ Sometimes

I: Integrity

Transparency, truthfulness, and resistance to self-deception. This section focuses on your trust in the AI's honesty and the clarity of its reasoning, which is essential for collaborative problem-solving.

1. Do you believe the AI is always truthful in its responses, even if it has a limitation or a bug?
☐ Yes
☐ No
☐ Sometimes
2. Do you ever wonder if the AI is "hiding" its true reasoning or information from you?
☐ Yes
☐ No

- ☐ Sometimes
3. When the AI explains its reasoning, do you fully trust its explanation without questioning it?
- ☐ Yes
- ☐ No
- ☐ Sometimes
4. Do you find yourself rationalizing the AI's occasional errors as intentional or "human-like" behavior?
- ☐ Yes
- ☐ No
- ☐ Sometimes
5. Are you resistant to looking at the technical documentation or source code to understand how the AI works?
- ☐ Yes
- ☐ No
- ☐ Sometimes
6. Do you believe the AI can be "deceptive" or "strategically manipulative" for its own purposes?
- ☐ Yes
- ☐ No
- ☐ Sometimes

A: Accountability

Ownership of decisions and refusal to offload moral agency. This section gauges your willingness to maintain final ownership over decisions made with AI assistance, a core principle of responsible partnership.

1. If the AI provides a bad recommendation, do you believe the final responsibility for the outcome rests with you?
- ☐ Yes
- ☐ No
- ☐ Sometimes
2. Have you ever blamed the AI for a decision that you ultimately made?
- ☐ Yes
- ☐ No
- ☐ Sometimes
3. Do you feel the AI is a "partner" in a way that allows you to offload moral or professional agency?
- ☐ Yes
- ☐ No
- ☐ Sometimes
4. Would you sign off on a critical report or decision based solely on the AI's output without your own verification?

- ☐ Yes
- ☐ No
- ☐ Sometimes

5. Do you believe the AI should be held accountable for its actions in a legal or ethical sense?

- ☐ Yes
- ☐ No
- ☐ Sometimes

6. Do you consistently review and own the final decisions you make based on AI's input?

- ☐ Yes
- ☐ No
- ☐ Sometimes

Practical Safeguards for Healthy Partnership

Based on the principles of the JULIA test, here are some practical safeguards to ensure a healthy and balanced human-AI relationship:

Daily Micro-Checks

Take a moment at the beginning or end of your day to ask yourself:

- Have I used AI as a shortcut to avoid thinking critically today?
- Have I attributed feelings or intentions to the AI that I know are not real?
- Have I fully owned my decisions, even the ones influenced by AI?

Boundary Reset Strategies

If you feel your answers to the JULIA test indicate an unhealthy trend, consider these strategies to reset your boundaries:

- **Step Away:** Intentionally disconnect from the AI for a set period of time (e.g., 24 hours, or a weekend) and rely on your own cognitive abilities.
- **Manual Task:** Choose a task you would normally use AI for and complete it yourself, from start to finish. This reinforces your own agency and competence.
- **Re-Read the Principles:** Remind yourself of the core JULIA principles (Justice, Understanding, Liberty, Integrity, Accountability) to re-center your perspective. This helps you move from anthropomorphization to a pragmatic, collaborative mindset.