
Individual AI Collaboration Protocol

ACT for Developers | personal agency and reflection card

Individual AI Collaboration Protocol

A personal field card for using AI as a thinking partner while protecting your own agency.

Personal stance

I am responsible for intent, judgment, evidence, and learning. AI can help me think, but I steer the collaboration.

Loop	Practice
Before	Name the outcome, constraints, evidence, and role you want AI to play.
During	Ask AI to expose assumptions, summarize context, critique options, or verify evidence.
When stuck	Reset the conversation: restate intent, what is known, what is unknown, and the smallest next step.
After	Review the trace for drift, leverage, mirrors, and one next experiment.

Prompts to reuse

- Before we continue, summarize my intent, known facts, assumptions, decisions, and open questions.
- What am I assuming that has not been tested?
- What would make this independently verifiable?
- Act as a critic. What is fragile, unclear, coupled, or overbuilt?
- Give me two possible next steps and the tradeoff in each.

Weekly reflection

[] One AI conversation I should review:

[] A moment where I drifted:

[] A mirror that helped me think better:

[] A micro-habit I will practice next:

Identity reflection

The kind of developer I am becoming is: _____