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The Refusal Script

Five things to say when you're not ready to let AI touch this.

1. When you're asked to use it and you're not sure it's allowed
"I need to check what this tool does with the data before I use it here. I'll confirm by [date]."

2. When you're about to paste something you shouldn't
"This is confidential. I'm not putting it into a tool I don't control. I'll handle this one myself."

3. When the output is being treated as final and no one checked it
"This came from AI. Someone needs to read it before it goes out. That's me, and I haven't yet."

4. When you're asked to speed up by skipping the review step
"I can go faster everywhere except here. This is a decision, not a draft."

5. When you don't have the authority to say yes
"This isn't mine to approve. It goes to [name/role] first."

Keep this where you'll see it before you need it.

Free to use and adapt.

Working framework. Not legal, financial, medical, or other professional advice.