

WHERE DO YOU FALL?

The Human–AI Collaborative Spectrum Self-Assessment - Writing

Ten questions about how you wrote one specific piece.

Answer honestly. There's no wrong answer here - the assessment shows you where one piece of your writing falls on the VH1–VH5 Human–AI Collaborative Spectrum, and what that means for the work.

Pick one specific piece of writing. Answer for that piece, not for everything you've ever written. The same writer can land anywhere on the spectrum depending on the piece and its purpose.

NOTE

A score of VH2 is not a failing grade. It means AI carried more of this piece than VerifiedHuman certifies as predominantly human-driven. The certification line sits at VH3. Your next piece starts fresh.

Takes about three minutes.

HOW TO ANSWER

Circle one answer per question as you go. Each answer carries the points shown beside it - every (a) is worth 5, down to every (e) at 1. You'll tally your ten numbers at the end.

1. How did you face the blank page?

- (a) I started writing from scratch - my own opening, my own direction, my own first sentence. • 5 points
- (b) I started writing on my own. I used AI to brainstorm angles or talking points before I began, but the first draft was mine. • 4 points
- (c) I had AI generate some starting material - an outline, some bullet points, a rough opening - and then I rewrote it in my own direction. • 3 points
- (d) I had AI generate a draft and started from there, adjusting as I went. • 2 points
- (e) There was no blank page. AI generated the content from my prompt. • 1 point

2. What were you drawing from?

- (a) My own knowledge, experience, memory, or emotion. The material came from me. • 5 points
- (b) Mostly my own material. I used AI to help me find, organize, or fact-check supporting information. • 4 points
- (c) A mix - some from my own well, some generated by AI. I verified and shaped what AI contributed. • 3 points
- (d) AI provided most of the material. I selected from what it gave me. • 2 points
- (e) AI generated the substance. I used it as-is. • 1 point

3. How did the piece take shape?

- (a) It came together as I wrote - whether I planned it out or discovered it along the way, the shape is mine. • 5 points
- (b) I shaped it. I used AI to test the logic or suggest a different order, but the final structure was my call. • 4 points
- (c) I had a direction. AI generated structural options - outlines, section breakdowns - and I reworked them significantly. • 3 points
- (d) AI generated the structure. I made minor adjustments but mostly followed it. • 2 points
- (e) AI determined the structure. I didn't change it. • 1 point

4. Who put the first words down?

- (a) I wrote every sentence myself. • 5 points
- (b) I wrote the draft. AI may have been part of my process, but the sentences are mine. • 4 points
- (c) I wrote some sections. AI generated others. I substantially rewrote the AI sections. • 3 points
- (d) AI generated most of the draft. I edited it. • 2 points
- (e) AI generated the draft. I used it as-is or close to it. • 1 point

5. Who put the final words down?

- (a) Every word in the finished piece is mine - written, rewritten, and chosen by me. • 5 points
- (b) The final words are mine. AI helped me tighten or polish, but I made every call. • 4 points
- (c) I rewrote AI-generated sections until they were mine. Some AI phrasing may remain where it fit, but I transformed the material. • 3 points
- (d) I edited AI-generated language but most of it stayed close to what AI produced. • 2 points
- (e) The final words are essentially what AI generated. • 1 point

6. What did AI handle for you?

- (a) Nothing. I didn't use generative AI at any point. Traditional tools only - spell-check, thesaurus, word processor. • 5 points
- (b) AI helped with non-writing tasks - research, outlining, brainstorming, summarizing sources. It didn't select or arrange any of my words. • 4 points
- (c) AI generated some words, phrases, or sentences I considered using. I made the final call on what to include and how to arrange it. • 3 points
- (d) AI generated significant portions of the writing - drafted sections, proposed sentences, structured the argument. I directed and edited. • 2 points
- (e) AI selected and arranged most of the words. I prompted and approved. • 1 point

7. If AI generated material, what did you do with it?

- (a) AI didn't generate any material for me. There was nothing to transform. • 5 points
- (b) AI generated only supporting material - research notes, outlines, ideas. None of its words ended up in my piece. • 4 points
- (c) AI generated some words and phrases. I rewrote them substantially - the final phrasing is almost entirely mine. • 3 points
- (d) AI generated words and phrases. I edited them but a lot of AI's original phrasing is still in the finished piece. • 2 points
- (e) AI's words and phrases are largely intact in the final piece. I made minor changes or none at all. • 1 point

8. Whose voice is on the page?

- (a) Mine. The rhythm, the word choices, the way ideas land - it sounds like me. • 5 points
- (b) Mine. AI may have helped with mechanics, but the voice is unmistakably my own. • 4 points
- (c) Mostly mine. I worked AI-generated material until it sounded like me, but a careful reader might still catch some places where the voice shifts. • 3 points
- (d) Mixed. Some sections sound like me, but AI's voice is still detectable in others. • 2 points
- (e) The voice on the page is AI's. I didn't try to make it sound like me, or I couldn't. • 1 point

9. Whose judgment decided it was done?

- (a) Mine. I read it, I knew it worked, and I decided it was finished. • 5 points
- (b) Mine. I evaluated the piece myself. I may have used AI to catch errors, but the call on whether it was ready was mine. • 4 points
- (c) Mostly mine. I made the final call, but I leaned on AI to assess whether sections were strong or complete. • 3 points
- (d) AI's, mostly. I deferred to AI's evaluation of what was working and what wasn't. • 2 points
- (e) AI's. I accepted what it produced as ready. • 1 point

10. If someone asked you, "Did you write this?" - what's the honest answer?

- (a) Yes. Every word. • 5 points
- (b) Yes. I had help with some things along the way, but I wrote it. • 4 points
- (c) I led it. AI was part of it, but I shaped the final piece into something that's mine. • 3 points
- (d) Mostly AI. I directed it, I edited it, but the writing is mostly AI's. • 2 points
- (e) No. AI wrote it. I prompted it. • 1 point

SCORE IT

Write your number for each question, add all ten, and divide by ten. That's your score - it always lands on one clean decimal. 4.3. 3.7. 2.5. Find it in the table below.

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	
										TOTAL

÷ 10 =

YOUR RESULT

SCORE	LEVEL	WHAT IT MEANS	CERTIFICATION
4.5–5.0	VH5	Entirely human-written. Traditional tools only. The work is yours.	Certifiable
3.5–4.4	VH4	Human-written, AI-enhanced. You wrote it. AI supported the process.	Certifiable
2.5–3.4	VH3	Human-led, AI-assisted. You led the creative process. AI contributed, but you transformed its output.	Minimum
1.5–2.4	VH2	AI-led, human-directed. AI generated most of the content. You provided direction and oversight.	Below the line
1.0–1.4	VH1	Entirely AI-generated. The human role was limited to prompting.	Below the line

The certification line is **VH3**. Scores of 2.5 and above qualify for the VerifiedHuman mark.

ONE MORE THING - THE PIZZA FLYER PRINCIPLE

This score belongs to one piece of work. The flyer for Friday's pizza night needs no certification - it has a job to do, and AI does it fine. The competition entry, the magazine essay, the poem for your daughter's wedding - those are work where authorship is the point, and that's where the mark matters. The same writer can be a VH5 on the work they prize and a VH1 on the work they don't. Both are honest.

SO, WHERE DID YOU LAND?

This assessment comes from *Human Is the New Vinyl: Why Human Creativity Still Wins in the AI Revolution* by Micah Voraritskul.

The book makes the argument. VerifiedHuman is the apparatus the argument was building toward - a certification for human-made creative work, carried by creators in 25+ countries on 6 continents.

Curious about certification? See what VerifiedHuman is about.

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