

AI Doesn't Tire You Out. Verifying It Does.

The exhausting part was never creation — it's carrying the full burden of checking AI's fluent, fallible output.

SWIPE →

What this deck covers

01 Why verification is harder than creation

02 What AI fatigue costs: quality and risk, not just wellbeing

03 Shorter cycles and activity rotation

04 Calibrating verification effort to actual risk

4

Traits that make verification exhausting

High vigilance with no checklist, the illusion of accuracy from fluent text, asymmetric risk when you sign off, and fragmented attention from constant context-switching.

Source: this article's diagnosis of AI fatigue

30–45

Minutes per AI sprint, max

Time-box continuous AI interaction. At the end of each sprint, close the interface, summarise progress, and name what's still unverified.

Source: recommended time-boxed working cycle

3

Risk tiers that should set your verification bar: light review for low-risk exploration, targeted checks for internal decision support, full checklist and dual control for regulated or external output.

Source: risk-calibrated verification standards, this article



AI fatigue is not only a well-being issue; it is a quality and risk issue.

Terence Kok

Enterprise AI Strategist

Traditional work vs. AI-assisted work

TRADITIONAL WORK

Effort front-loaded into creation

Verification is a final quality gate

One coherent mode, start to finish

AI-ASSISTED WORK

AI creates, human verifies

Verification becomes the main task

Constant switching: prompt, scan, edit

Standards drift as **energy declines**.

When verification runs long and continuous, error detection degrades — hallucinations and subtle logical gaps slip through. The threshold for "good enough" quietly falls, especially near deadlines, and design thinking gets squeezed out entirely.

Match effort to **actual risk**.

LOW-RISK

Light review — coherence and utility.
Brainstorming, early ideation, working notes.

MEDIUM-RISK

Targeted checks on key assumptions, numbers,
policy-sensitive statements.

HIGH-RISK

Full checklist, dual control, cross-checks against
source systems, traceability.

The full set of practical techniques to reduce AI fatigue:
terencekok.com/blog/ai-fatigue-why-verification-harder-than-creation-how

Match your effort to the **actual risk.**

Shorter cycles, role rotation, and risk-based verification protect quality without burning out your best people.



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