

Vibe Coding Works. So Does the **19% Slowdown** Nobody Talks About.

A controlled trial found developers using AI coding assistants were 19% slower, yet believed they'd been faster. Here's how to adopt it without the illusion.

SWIPE →

Adopting Vibe Coding Responsibly

- 01** The real velocity gains, and their hidden costs
 - 02** The productivity paradox: feeling fast while going slower
 - 03** The C.L.E.A.R. review framework
 - 04** When to use it, and when not to
-

56%

Faster Task Completion With AI Assistants

Enterprise implementations report 40–60% reductions in coding cycles, with some teams tripling story points per sprint.

McKinsey, 2025

8x

Increase in Duplicate Code Blocks

GitClear's analysis of 211 million lines of code found technical debt compounds exponentially as teams use AI to patch AI-generated issues.

GitClear, 2025

19%

Developers using Cursor Pro with Claude 3.5 Sonnet were 19% slower than the control group in a randomised controlled trial, yet believed they had been faster.

METR, 2025



The illusion stems from a dopamine response that mimics the satisfaction of completion, without the cognitive effort.

METR

Randomised controlled trial, 2025

Vibe Coding vs. Spec-Driven Development

VIBE CODING

Casual prompts, minimal review

Fast but fragile

Prototypes, internal tools

SPEC-DRIVEN

Specify → Plan → Tasks →
Implement

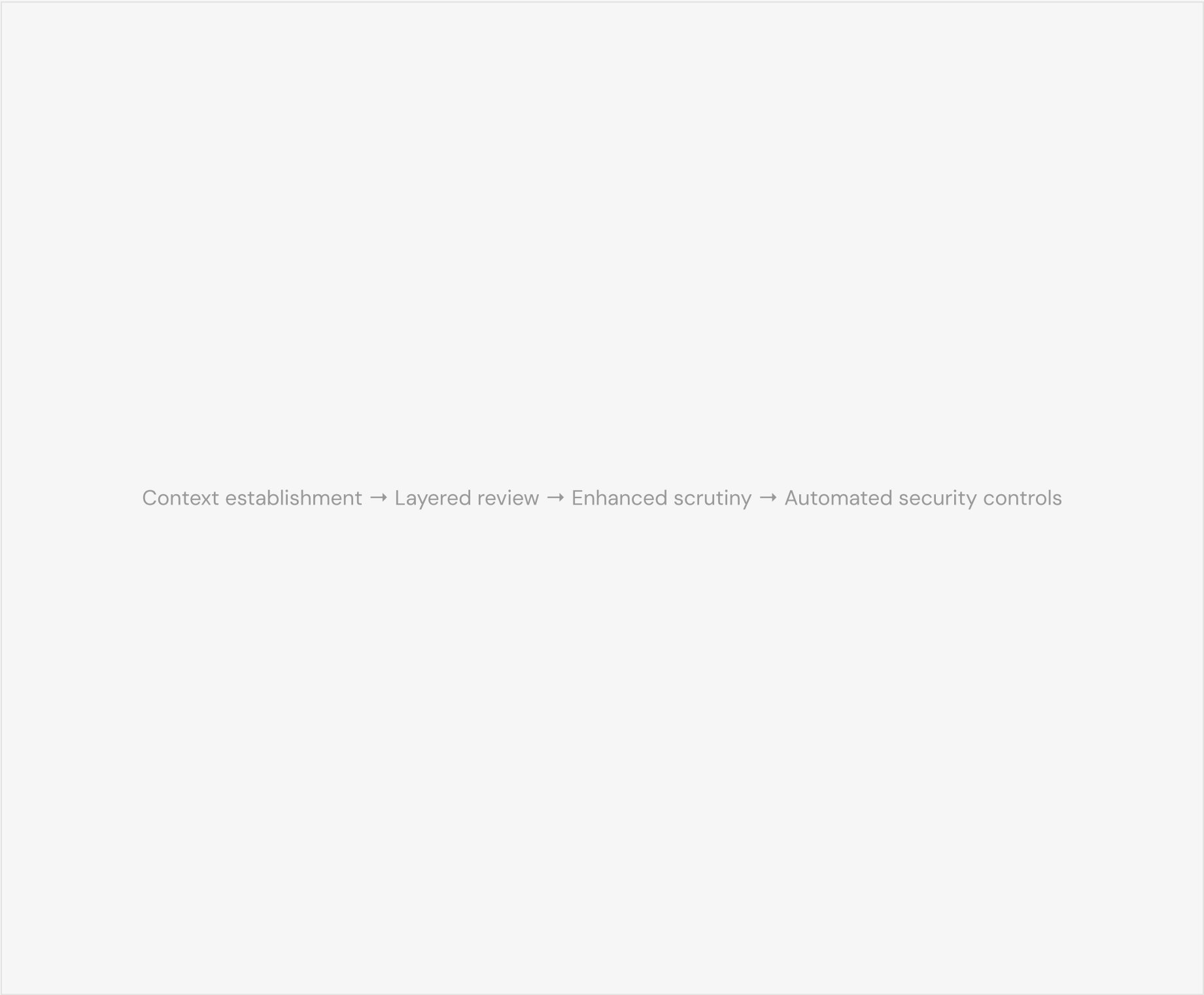
80%+ first-attempt success

Production, regulated systems

Fast Code Isn't Always **Good Code**.

Traditional AI assistants suggest code you review. Vibe coding accepts AI-generated code with minimal inspection: co-pilot becomes autopilot. Without mandatory security scanning, it functions as "vulnerability-as-a-service": SQL injection, missing auth checks, and credential sprawl inherited straight from the training corpus.

Every AI Commit Gets Reviewed.



Context establishment → Layered review → Enhanced scrutiny → Automated security controls

Full framework, governance checklist, and sources:
terencekok.com/blog/vibe-coding-pragmatic-adoption-professional

Use the speed. **Keep the judgment.**

The organisations that get this right combine AI velocity with disciplined human review, not blind trust.



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