

Before you trust an AI output: the hallucination checklist

☐ Does it cite sources?

If yes — verify at least two independently. If no — treat as unverified.

☐ Does it reference named people or organisations?

Names attached to quotes, roles or events are frequently wrong. Check each one.

☐ Are specific numbers or dates mentioned?

Statistics and dates are the highest-risk hallucination zone. Always verify.

☐ Is the answer in your area of expertise?

If yes: does it match what you know? If no: you cannot spot errors — verify externally.

☐ Does it sound unusually certain?

Confident tone is not accuracy. Ask the model: 'How confident are you, and why?'

☐ Would a wrong answer here carry real consequences?

If yes: do not use AI output without independent verification. Full stop.