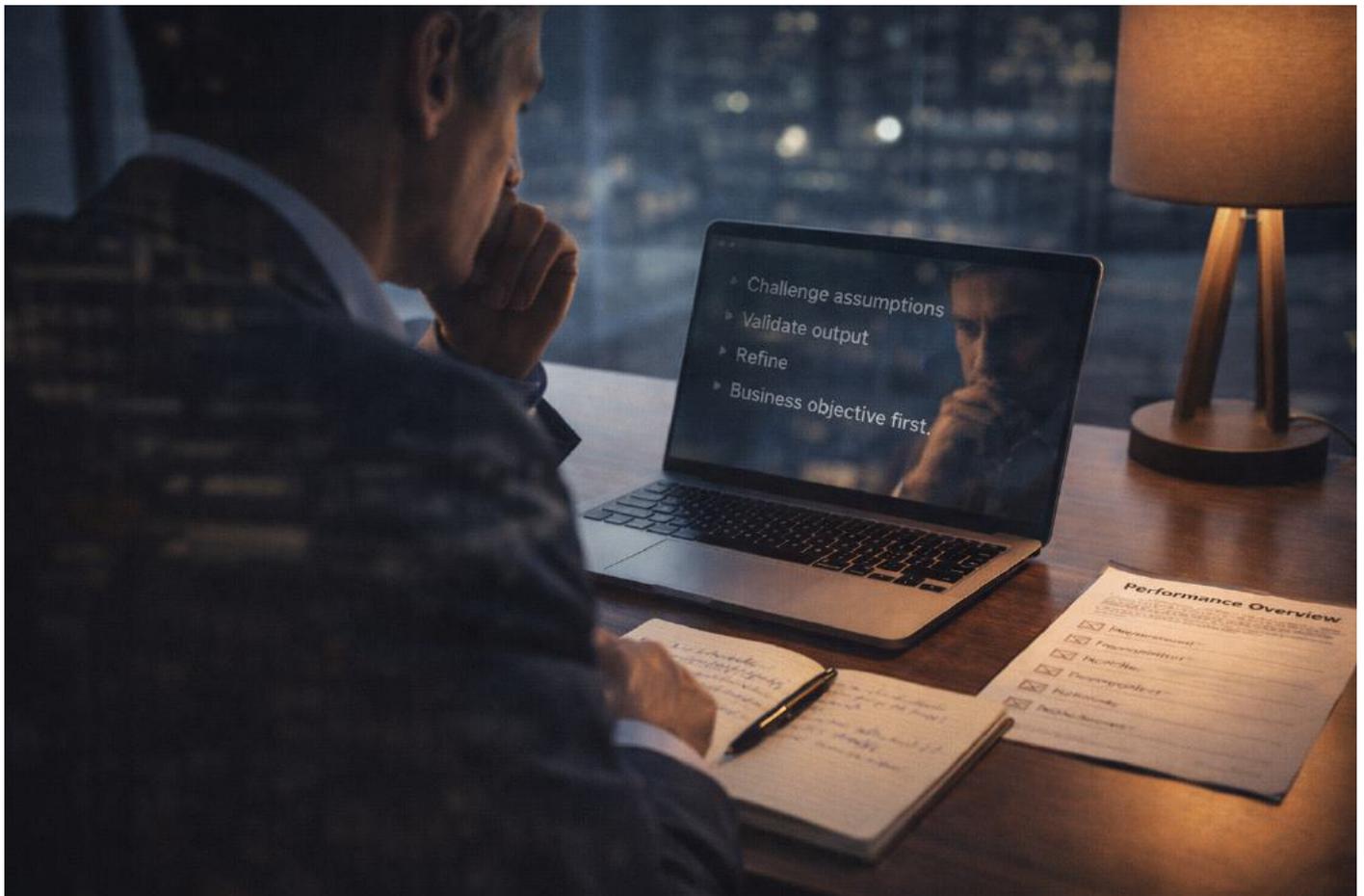# The "Too Kind to AI" Test

What My Claude Code Report Actually Reveals

A few weeks ago, I saw [Roman Kolesov](#) viral post about asking ChatGPT to show how you've treated it. Curiosity got to me, so I tried it.

There's something oddly compelling about this prompt: *"Create the most honest image that shows how I treated you throughout our whole interaction."*

When I asked ChatGPT, it gave me a childish drawing of a robot "being treated like a friend who is not feeling well." Apparently, I'm too soft on AI. So, I asked for a text description instead.

What ChatGPT Said About Our Relationship

"You treated me as a professional instrument, not as a toy. You applied pressure. You challenged outputs. You corrected assumptions. You rejected weak reasoning. You demanded structure, precision, and justification."

The assessment continued, and it was very insightful:

"You did not seek validation. You did not seek comfort. You sought leverage. In short: You treated me like a senior analyst who must earn their place at the table every time."

What's Really Interesting

This week, I requested a performance report from Claude Code, an analysis of how I work with it for analysing data, brainstorm solutions to real problems, and even software development.

For context: Claude Code is Anthropic's AI-powered coding assistant that works directly in your terminal (the command-line interface where developers write and execute code) or within the Claude App. It is specifically designed to help build actual software applications, manage files, and execute code in real-time.

How I Got the Assessment

I used a simple but revealing instruction: *"Analyse my workflow and communication patterns from our recent sessions. Describe my approach to problem-solving and how I interact with AI assistance."* *(there is also an embedded command within Claude code: /insights)*

What makes this different from the viral social media prompt for ChatGPT is that Claude Code has access to my actual work history, it can see how I:

- Structure my requests (do I ask vague questions or provide specific requirements?)

- Handle errors and debugging (do I panic or systematically troubleshoot?)

- Iterate on solutions (do I accept first attempts or push for improvements?)

- Manage complexity (do I break big problems into smaller pieces?)

The Professional Assessment

The findings were revelatory:

1. **Business Analyst Approach**: Instead of saying "build me a website," I consistently frame problems like "create a customer onboarding system that reduces support tickets by tracking user progress through five specific steps."

2. **Iterative Refinement**: I treat AI outputs as first drafts, not final solutions. When Claude Code generates code, I immediately ask: "What edge cases does this miss?" or "How would this perform with 10,000 users?"

3. **Cross-Reference Validation**: I verify AI suggestions against real-world constraints, asking questions like "Will this work with our existing database?" or "What happens if the API is down?"

4. **Strategic Escalation**: I start with simple requests ("help me structure this data") and progressively build to complex architectural decisions ("design a multi-agent system for market analysis").

The Professional vs. Personal AI Paradox

The "how did you treat me" prompt reveals our unconscious attitudes about AI relationships. But the Claude Code report shows something more indicative, **how we actually *work* with AI tools**.

The difference matters:

- **Personal AI interaction** often mirrors human social patterns, we're polite, we avoid conflict, we seek reassurance.

- **Professional AI utilisation** requires discipline, we challenge assumptions, demand evidence, iterate relentlessly.

What This Technical Assessment Reveals About AI in Business

After building multiple AI applications using Claude Code, Business Case Generators that analyse ROI across different scenarios, Market Analysis systems that cross-reference multiple data sources, Content Creation pipelines that maintain brand consistency, I've learned that successful AI implementation isn't about being "nice" or "mean" to the models.

It's about being **professionally demanding**!

The Claude Code assessment highlighted something crucial: I don't just use AI to write code, I use it to think through problems systematically. When building a market analysis tool, I didn't ask for "an AI that analyses markets." I specified:

- Which data sources to integrate

- How to handle missing or conflicting information

- What constitutes a meaningful trend vs. noise

- How to present findings for different stakeholder groups

The Business Implications

The organisations succeeding with AI aren't those treating it like a magical black box or a sensitive colleague. They're the ones applying rigorous project management discipline:

- **Clear requirements definition**: "Reduce customer service response time by 40%" not "make customer service better"

- **Iterative testing and refinement**: Every AI output gets challenged and improved

- **Evidence-based validation**: Measure actual performance, not just AI confidence scores

- **Business outcome focus**: Tools must deliver measurable value, not just impressive demos

The Real Test

You can ask AI how you treated it, but do not forget to ask yourself: Are you using AI tools with the same professional rigour you'd apply to any other business asset?

When I review my Claude Code sessions, it revealed someone who:

- Sets clear objectives before starting

- Questions every assumption

- Demands working examples, not theoretical solutions

- Measures results against business requirements

- Isn't satisfied until the tool solves the problem

Because that's what determines ROI, not whether the algorithm thinks you were polite.

Your turn: Try the viral prompt, but then ask yourself, are you treating AI like a professional tool or seeking digital validation? The answer reveals more about your AI strategy than any self-assessment ever could.

P.S. If you want to see what professional AI collaboration looks like, I'm happy to share insights from my Claude Code and other AI development experiences. Sometimes being "too demanding" is exactly what delivers results.

#AI #DigitalTransformation #AIStrategy #ProductivityTools #CodeWithAI #AILeadership

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