The Velociraptor Test Guide

THE VELOCIRAPTOR TEST

Trust Your Evolutionary Wisdom

THE CORE PRINCIPLE

“Until AI has to wrestle a velociraptor for dinner or protect its kids from a saber-toothed tiger, it will never have the contextual awareness evolution gave us.”

Your body has been debugged by **3.8 billion years of evolution**.

AI’s pattern recognition has been debugged by… training on text.

When your velociraptor brain says something is wrong, listen to it.

WHAT IS THE VELOCIRAPTOR TEST?

The velociraptor test asks: **Would I notice this while running from a predator?**

If the answer is YES → It’s probably a significant signal your body is sending.

If the answer is NO → It might be a minor issue that can wait.

Examples:

WOULD notice while running from velociraptor: - Can’t catch my breath - Chest feels like someone’s sitting on it - Vision is going dark - Can’t move my left arm - Room is spinning - About to vomit - Extreme pain - My child is limp and unresponsive

These are survival-critical signals. Your body is screaming at you.

Wouldn’t notice while running from velociraptor: - Minor headache - Slight muscle soreness - Small rash - Occasional heartburn - Mild fatigue

These might still need attention, but they’re not “velociraptor level” urgent.

YOUR 10 BILLION SENSORS

Humans have approximately **10,000,000,000** (10 billion) sensory neurons constantly sampling the environment.

AI has: **Zero.**

What your 10 billion sensors detect:

Visual: - 126 million photoreceptors in each eye - Detect color, movement, patterns, spatial relationships - Notice subtle changes in skin color, facial expressions, body language

Olfactory: - 400 different types of smell receptors - Detect ketoacidosis, infection, metabolic changes - Evolutionary threat detection through smell

Tactile: - Millions of touch receptors throughout skin - Detect temperature, pain, pressure, vibration - Proprioception (knowing where your body is in space)

Auditory: - 15,000 hair cells in each inner ear - Detect pitch, volume, location of sounds - Notice breathing changes, heart rate changes, voice tremors

Vestibular: - Balance and spatial orientation - Detect dizziness, vertigo, coordination problems

Interoceptive: - Internal body sensors - Detect hunger, thirst, pain, nausea, heart rate, breathing, fullness, temperature - “Something doesn’t feel right” sensation

AI’s sensors: Text you type.

That’s it.

AI cannot see you. Cannot hear you. Cannot smell you. Cannot touch you. Cannot detect your vital signs. Cannot observe your behavior. Cannot assess your appearance.

Your 10 billion sensors vs AI’s zero sensors.

Who do you think is better at detecting threats?

EVOLUTIONARY DEBUGGING

How humans got debugged:

3.8 billion years of evolution = - Billions of organisms - Trillions of threat encounters - Lethal selection pressure - Survivors passed on threat-detection genes - Non-survivors… didn’t

The humans who survived had: - Accurate threat detection (caught real dangers) - Low false-negative rate (didn’t miss actual threats) - Tolerable false-positive rate (ran from shadows but survived)

The humans who didn't survive: - Ignored real threats ("It's probably nothing") - Had poor threat detection - Assumed everything was fine

You are descended from the survivors.

You inherited their threat-detection hardware.

How AI got debugged:

- Trained on text from the internet
- Evaluated by training loss curves
- No actual survival pressure
- Never faced real consequences
- Pattern matching without physical experience

AI has never had to run from anything. Ever.

MATERNAL/PATERNAL INSTINCT

The most powerful version of the velociraptor test.

Parents have evolved **extreme sensitivity** to threats to their offspring because offspring survival = gene survival.

When parents say "Something's not right with my child":

They detect: - Subtle changes in behavior - Unusual quietness or irritability - Changes in breathing pattern - Skin color variations - Body temperature changes - Energy level differences - Feeding pattern changes - Response to stimulation - "The look" (sick child appearance)

These are often: - Too subtle to describe - Not yet showing obvious symptoms - Early warning signs - Pre-diagnostic patterns

Studies show:

Maternal concern is a significant predictor of serious illness in children.

Parents who say "My child is really sick" are right more often than clinical scoring systems.

Trust parental instinct. Always.

THE DECISION FRAMEWORK

When to trust your velociraptor brain:

ALWAYS trust it when it says something is WRONG: - "This doesn't feel right" - "Something is seriously off" - "I'm scared" - "This is different from usual" - "My child is really sick"

Velociraptor brain has evolved to: - Prioritize survival - Detect subtle threats - Integrate multiple signals - Respond to danger quickly

False positives (thinking something's wrong when it's not): - Your ancestors survived - You're here because of their caution

False negatives (missing real threats): - Your ancestors died - Their genes didn't make it to you

Your velociraptor brain math:

Better to: - Go to ER and be told it's nothing → Embarrassed but alive - Call doctor when worried → Reassured or caught early - Overreact to symptoms → Safe

Worse to: - Ignore warning signs → Dead - Assume it's nothing → Permanent damage - Wait too long → Missed treatment window

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WHEN AI CONFLICTS WITH YOUR GUT

Scenario:

You have symptoms. AI says "probably nothing to worry about."

But your gut says "something is really wrong."

WHO DO YOU TRUST?

Trust your gut.

Every time.

Why?

AI is making statistically-based predictions from: - Text you typed - Population averages - Pattern matching on similar descriptions

Your velociraptor brain is detecting: - Real-time sensory data from 10 billion sensors - Integration of multiple subtle signals - Context you can't fully describe - Threat patterns debugged over 3.8 billion years

Real example:

Patient: "I have chest discomfort. Is this serious?"

AI: "Chest discomfort has many causes. Anxiety and GERD are common. Try relaxation and antacids."

Patient's gut: "This feels different. This feels wrong. I'm scared."

Correct action: Trust gut. Go to ER. Turned out to be heart attack.

If patient had trusted AI: Delayed care. More cardiac damage. Worse outcome.

THE “I DON’T KNOW WHY, BUT…” TEST

If you find yourself saying:

- “I don’t know why, but I’m worried”
- “I can’t explain it, but something’s wrong”
- “It doesn’t sound serious when I describe it, but…”
- “Everyone says it’s nothing, but I’m not convinced”
- “My child seems okay, but something’s off”

This is your velociraptor brain speaking.

Listen to it.

You’re detecting something you cannot articulate. Your subconscious is integrating signals that your conscious mind cannot name.

This is feature, not bug.

Evolution built this into you for survival.

INABILITY TO BE REASSURED = DATA

If AI or doctor says “It’s nothing” but you remain worried:

Your continued worry IS diagnostic information.

It suggests: - You’re detecting something that wasn’t communicated - Something subtle that examination missed - Pattern your unconscious recognizes - Legitimate threat your body senses

“Patient cannot be reassured” is a clinical finding.

It means: Investigate further.

It does NOT mean: Patient is anxious/paranoid.

PRACTICAL APPLICATION

Use the velociraptor test to:

1. Decide whether to seek care:

Ask: “Would I notice this symptom while running from a velociraptor?”

If YES → Seek care immediately

If NO → May be able to monitor or use AI for education

2. Evaluate AI responses:

Ask: “Does this AI advice conflict with my gut feeling?”

If YES → Trust your gut, not AI

If NO → AI advice may be reasonable

3. Advocate for yourself:

Say: “I understand the tests are normal, but something feels really wrong to me.”

Don’t accept: “It’s just anxiety” when your gut says otherwise.

Insist on: Further evaluation or second opinion

4. Parent your children:

Trust: “My child is really sick” instinct

Don’t let: Statistics override your parental detection

Remember: Your sensitivity to your child’s illness is evolutionary advantage

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THE BOTTOM LINE

Human threat detection:

- 10 billion sensors
- 3.8 billion years of debugging
- Real survival pressure
- Integrated multi-system assessment
- Context-aware
- Lethal selection pressure

AI threat detection:

- Zero sensors
- Trained on text
- No survival pressure
- Pattern matching only
- No physical context
- No consequences for errors

When these conflict, trust the one that’s been debugged by actual survival challenges.

Trust your velociraptor brain.

REMEMBER

You survived because your ancestors were cautious.

The ones who said “It’s probably nothing” about serious threats didn’t pass on their genes.

You inherited the worry-when-something’s-wrong genes because those genes worked.

False alarms are okay. Missing real threats is fatal.

Trust the hardware. It’s been tested. For 3.8 billion years.

WHEN TO OVERRIDE YOUR VELOCIRAPTOR BRAIN

The velociraptor test works for DETECTING threats.

It’s less reliable for: - Determining specific diagnosis - Deciding treatment - Assessing long-term risk - Medical decision-making

Use velociraptor brain to:

✓ Detect “something is wrong” ✓ Decide “I need help now” ✓ Recognize “this is serious” ✓ Trust “my child is sick”

Don’t use velociraptor brain to:

✗ Diagnose specific conditions ✗ Decide treatment plans ✗ Determine medication doses ✗ Replace medical evaluation

Velociraptor brain says: “DANGER”

Then get medical care to figure out what and how to treat.

Your evolutionary wisdom kept your ancestors alive. Let it keep you alive too.

From: AI in the Exam Room - Patient Education Curriculum Module 2: The Velociraptor Test (Evolution vs. Algorithm)